GET GORGEOUS HAIR! Easy how-to's for the style you want

# REDB

The one-step secret to HOTTER SEX

So easy you could do it every day

# Trisha Yearwood

on her country life with Garth—plus exclusive family recipes



# CLEAR THE CLUTTER

Your messiest dilemmas solved



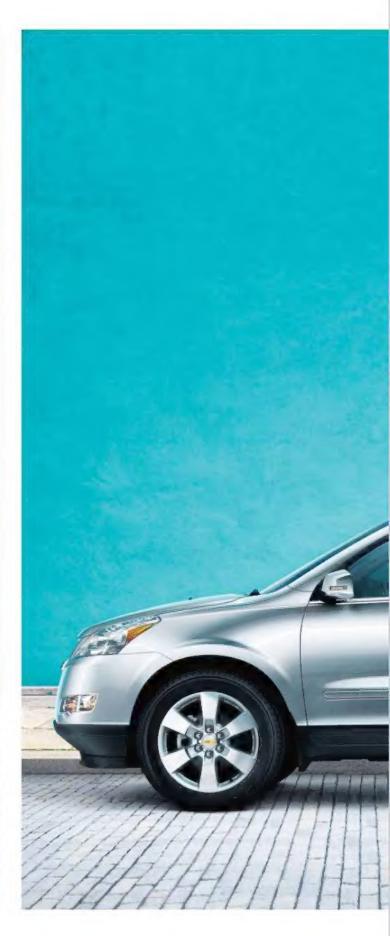


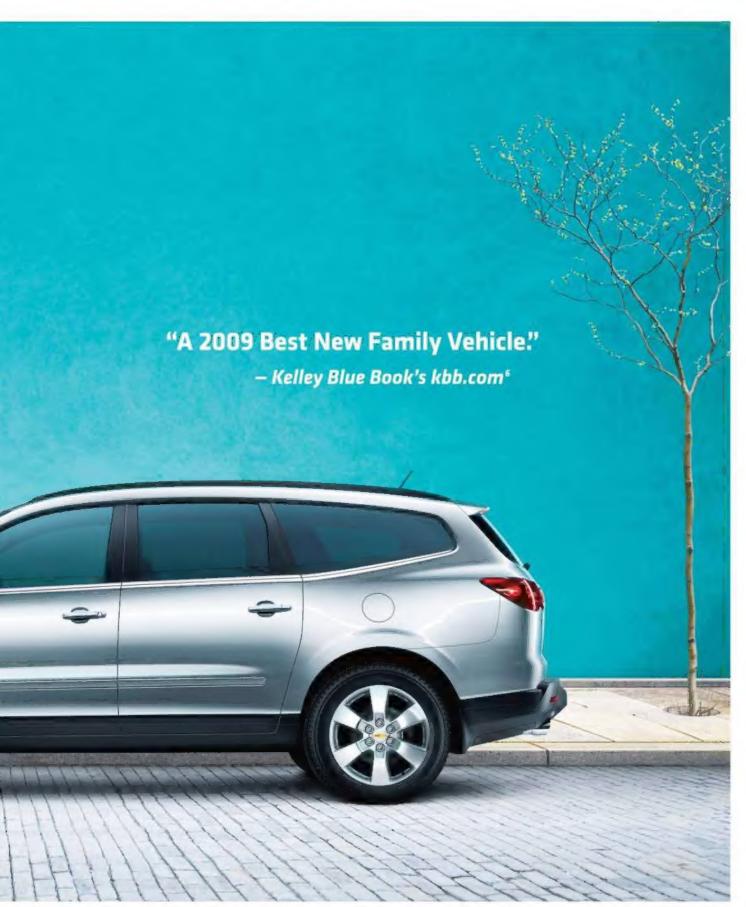


	2010 CHEVY Traverse	2010 HONDA PILOT	2010 TOYOTA HIGHLANDER vs
AVAILABLE SEATING	8	8	7
HWY. FUEL ECONOMY	24 MPG	23 MPG	24 MPG
S-STAR FRONTAL/	1	<b>V</b>	5-STAR DRIVER 4-STAR FRONT PASSENGER
SIDE-IMPACT CRASH SAFETY RATINGS <sup>2</sup>	✓	<b>✓</b>	<b>✓</b>
A CONSUMERS DIGEST BEST BUY	✓		
POWERTRAIN LIMITED WARRANTY <sup>3</sup>	100,000-mile 5-year	60,000-mile 5-year	60,000-mile 5-year
Off ONSTAR®4 W/ BUILT-IN AUTOMATIC ERASH RESPONSE	(STANDARD FIRST YEAR)		
MAXIMUM Cargo Volume <sup>5</sup>	116.4 CUBIC FT.	87 CUBIC FT.	95.4 CUBIC FT.
SPACE BEHIND THIRD ROW	24.4 CUBIC FT.	18 CUBIC FT.	10.3

## MAY THE BEST CAR WIN

1 EPA estimate (FWD). 2 Side-impact crash test rating is for a model tested with standard head-curtain side-impact air bags (SABs). Government star astings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.saferrar.gov). 3 Whithever comes first. See dealer for details. 4 Visit onstar com for coverage map details and system limitations. 5 Cargo and load capacity limited by weight and distribution. 5 For more information about the 2009 Best New Family vehicles from Kelley Blue Book's kbb com. visit www.kbb.com/family09. Kelley Blue Book is a trademark of Kelley Blue Book Co.. Inc. 7 MSRP. Tax, title, license, dealer fees and optional equipment extra. ©2010 OnStar. All rights reserved. Traverse is a registered trademark and Chevy is a trademark of General Motors. ©2010 General Motors. Buckle up. Americal





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Color is back with a "pow!" this spring, and you'll want it on clothes, on shoes, on your nails. In today's fashion world, nails are the "it" accessory – and the Hong Kong Collection by OPI includes all the best shades to wear with all the best looks. What I saw on the spring fashion runways in New York, Paris, and Milan is modern chic at its best. A combination of strong and sexy; fluid, body-skimming lines; textured leathers and metallics; colorful boho and floral prints. Try any or all of these looks, with nails in shades from dazzling gold to richest blue, jade green to starry violet. And look for six of these Hong Kong shades on select Dell<sup>TM</sup> laptops at opi.com.

Turn up your color energy – it's spring!

Suzi We OPI Exe

Suzi Weiss-Fischmann
OPI Executive Vice President & Artistic Director

### FIRST LADY OF NAILS SUZI WEISS-FISCHMANN

Executive VP & Artistic Director of OPI, talks beauty, fashion, color and lifestyle



LACQUERS FROM LEFT TO RIGHT: RED MY FORTUNE COOKIE, BLING DYNASTY, A GOOD MAN-DARIN IS HARD TO FIND, HOT & SPICY, CHOP-STICKING TO MY STORY, JADE IS THE NEW BLACK, SUZI SAYS FENG SHUI, DIM SUM PLUM, MEET ME ON THE STAR FERRY, LUCKY LUCKY LAVENDER, PANDA-MONIUM PINK, PEARL OF WISDOM

 $O \cdot P \cdot I$ 

Indicates shades that are available on select Dett™ laptops.

CONTAINS NO DBP, TOLUENE, OR FORMALDEHYDE

Nail Lacquers feature OPI's exclusive ProWide™ Brush (Patent Pending).

Available at Professional Salons, including select Beauty Brands, Chatters, JCPenney, Pure Beauty, Trade Secret, and ULTA locations. Suzi is wearing Red My Fortune on nails. Model is wearing A Good Man-darin is Hard to Find on nails. For more information, call 800.341,9999 or visit ©2010 OPI Products Inc.

Try it on at opi.com



- 106 The Heart Stuff Straight-talking relationship advice from Karen Karbo.
- 108 Sex Life Road Test Erotic massage.



Look for this arrow pointing to great giveaways on practically every page!

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- 102 The One-Step Secret
- Trisha Yearwood
- Trisha's Key Lime Cake
- 176 Clear the Clutter
- Free Stuff! Enter to Win 1,767 Giveaways



Win Trisha's look! 10 REDBOOK readers will each win the Dior Beauty makeup and Redken hair products mentioned here. Value of set, \$240. Enter at redbook mag.com/aprilcoverlook. See page 224 for details.

Trisha Yearwood photographed exclusively for REDBOOK by Russ Harrington. Makeup by Antonella Renyer for Soloartists.com/ Dior. Hair by Earl Cox at Trumps Salon & Spa, Nashville. Stylist: Linda Medvene for ETS Reps. Cardigan: Armani, White top: Elie Tahari, Earrings and bangles: Martin Katz. Necklace: Renee Lewis at Barneys NY. Food stylist: Rochelle Palermo. Prop stylist: Peter Gargagliano/petergdesign.com. Get Trisha Yearwood's look with makeup by Dior and hair care by Redken, Makeup: Dior 5-Colour Eyeshadow in Incognito, DiorShow Mascara in Black, DiorBlush in Peachy Keen, Brow Styler, Ultra Gloss in Beige Tweed #227, Hair: Redken Body Full Shampoo and Conditioner, Body Full Volume Amplifier Thickening Lift Spray.

# April

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A beauty trend that's good for the planet.



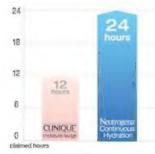
Bedroom confessions, true mom moments, recipes, sweeps & more at redbookmag.com.

Moisturizes twice as long at half the price.

With results worth

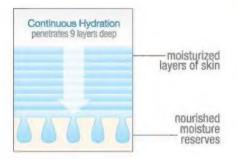
doing the math for.





## Lasts 2x longer than Clinique™ Moisture Surge claims

Neutrogena believes your skin should feel as moisturized at the end of the day as it does when you first apply. Lasting yet lightweight time-released moisturizers in Continuous Hydration hydrate skin for 24 hours to replenish vital moisture reserves, working twice as long as Clinique™ Moisture Surge claims.



# Penetrates nine layers deep to treat the source of dryness

Some moisturizers simply cover up dryness without actually treating it. The clinically tested ingredient in Continuous Hydration goes nine layers deep to treat dryness at the source, activating skin's own ability to rebalance moisture from within and restore skin to softer, healthy, more youthful looking levels.



Neutrogena® skincare. Recommended most by dermatologists.



Trisha Yearwood fills in the blank

# "I love my blessed life."

"I think my blessings started with the parents that God chose to give me," explains our April cover star. "They were madly in love and married for 45 years and totally soul mates. And for me and my sister, they were a great example of what real love is about. And now, I just feel so blessed that I wake up every single day really excited and happy about the person I'm waking up with. Garth and I both feel so very, very lucky."

## BEHIND THE SCENES

- VIVA LAS VEGAS: We shot the cover in Las Vegas, where Trisha comes most weekends to spend time with her husband, country megastar Garth Brooks. Last December, Garth kicked off a long-term concert series at Wynn Las Vegas's Encore Theater.
- MR. RIGHT: At the shoot, REDBOOK's special projects director, Lori Berger—who interviewed Trisha for our cover story—got to see firsthand what a sweetheart Trisha married: "Garth showed up at the end of the shoot and was one of the kindest, most decent guys I've ever met. He helped the stylist pack and carry clothes into the car, and he and Trisha gave me a ride back to my hotel because they didn't want me to take a cab! He was so kind and gracious. And Trisha was equally amazing!"
- LUCKY IN LOVE: "It was clear to everyone how in love Trisha and Garth are," Lori says. "He was so excited about the shoot and her new cookbook, and kept telling her how beautiful she was. They were kissing and it was completely lovely."



• ANOTHER STAND-UP GUY: While Trisha was in hair and makeup, photo assistant Matt Harrington (he's also photographer Russ Harrington's son) stood in for the cover star as we tested lights and positioning. And voilà! A new star is born!

## "Garth kept telling Trisha how beautiful she is."

-REDBOOK special projects director Lori Berger

# JEANS THAT INSTANTLY SLIM YOU kets and on year, they instantly alim you

Available at Kohl's and Kohls.com/les

Tailored lines, premiu

Get What Fits.





# It's a free-for-all!

t's a simple fact: We're all trying to be more budget-conscious these days. But as we've tightened our belts, we've also made some lovely discoveries along the way. In the last months, REDBOOK has received so many emails and letters from you telling us how you're reconnecting with friends and family in creative ways, all without spending a dime-whether that means playing board games, inventing new family rituals for

after-dinner time, or planning "stay-cations" that tie you more closely to your community. What we have all learned is that connection, friendship, love, comfort, and memories are absolutely pricelessand, yes, completely free-treasures that we can rely on, in any kind of economic weather. And this month's issue helps you celebrate some of those treasures, like the power of community and helping others (see page 158) and the delight of hanging out with your girlfriends and finding a new favorite top in someone else's castoffs (see page 172).

These kinds of no-cost pleasures enrich our lives, but you know what else is an awful lot of fun? FREE STUFF! We're giving away the cutest, most deluxe beauty samples, free sex and love advice from the experts, three washer/dryers, hundreds of books, gifts cards for some of your favorite stores, amazing vacations, a gym membership, and more-all starting on the very next page! (And hey, you get a chance to win \$250,000, too. See below!)

So thank you for inspiring us with the smart new chic-onomical ways that you're living and loving your lives. I hope this issue, packed with good feelings and great giveaways, gives you a little spark of delight in return!

Stacy Morrison, Editor-in-Chief redbooked@hearst.com www.facebook.com/SLMI7

# Fill your wallet with cash—ENTER TO WIN \$250,000!

Yes, REDBOOK readers really do win! Last year, Paula DiLeo from Auburn, CA, was the lucky reader who walked away the winner in our \$100,000 giveaway sweepstakes! So there's more than twice as much reason to enter this contest, for an even bigger cash prize. Enter at win250K.redbookmag.com. See page 224 for details.



# BRILLIANTCOLOR THAT DEFIES DAMAGE





### A BAMBOO BREAKTHROUGH

HerbaShine fortifies hair to fight damage \* Radiant, shiny color. Not a gray in sight Lasts 28 shampoos

FORTIFIED COLOR. CERTIFIED BRILLIANT.





## Family ties

8 readers will each win a personalized necklace from isabellegrace jewelry com The sterling-silver love tag necklace comes with 2 tags engraved with a name and a date and set with precious stones Value of each \$250

## > Special delivery

15 readers will each win a flower delivery from flowerbud.com. Enjoy a stunning vase of freshcut, handpicked La Mancha lilies, delivered straight from the farm Value of each, \$107



### Notable netbook

4 readers will each win a perfectly portable (and possibly pink) Windows 7 netbook from Acer, Asus, Dell, or Sony, Value of each, \$299 to \$450

## \$42,640 of free stuff!

From necklaces to netbooks, log on to redbookmag.com/winit for a chance to win.



## **∧** Scottsdale surprise

3 readers will each win a 5-day, 4-night trip for 2 to the Hotel Valley Ho in Scottsdale, AZ courtesy of Orbitz com Relax at the spa with a complimentary treatment and enjoy the spacious accommodations in your studio guest room. Round trip airfare included. Value of each package, \$2,500.



## NEW REVLON COLORBURST

The rich, high-impact color you adore.
The feather-light feel you've been dreaming of, it doesn't get any better than this

 Elasticolor\* technology auge lips with a burst of virtually weightless color.

It's love at first swipe.



Jessica Alba is wearing Revion ColorBurst Lipstick in Crimson. Find your shade at revion.com.

REVLON



Mini Stainless Steet Bracelet Watch and Vicks products from Vicks DayQuil Mucus Control Here's to a speedy recovery! Value of set, \$581





## **△** Thumbs up

10 readers will each win a thumbprint necklace from colleenberg.com, Keep your little tots even closer to your heart with this silver necklace, engraved with a name and birth date and their actual thumbprint made from a mold. Value of each, \$150,



### < Get lit

3 readers will each win a PartyLite Siena Lights Signature Collection home set from PartyLite The collection includes a tea-light tree a complete dinner set, matching napkins and rings, place mats, and a table runner Value of set, \$617.



## ^ Mini makeover

10 readers will each win a Michael Todd Cosmetic prize pack from michaeltodd cosmetics com. Each prize pack includes KNU Anti-Aging Tri-Complex, Singulière Perfume (a citrusy fragrance made without unhealthy additives. water, or artificial color), Crème Glace Click Pen lip gloss, and Fiber Lash Volume XX Mascara Value of set, \$249



1 reader will win an LG Galaxy SteamWasher with LED Display from LG Electronics The LCD screen displays settings and cycles. and the ultra-capacity washer means fewer loads and more savings. Total retail value, \$1,499



### ∧ Hole in one

1 reader will win a 4 day, 3 night stay for 2 at Florida's Summer Beach Resort on Amelia Island Leave your room (which comes with a full kitchen and washer and dryer) for a complimentary breakfast and lunch and 4 rounds of golf at the Golf Club of Amelia Island, a PGA Tournament course. Round trip airfare provided by AirTran, Total retail value \$2,750





## **^Classic style**

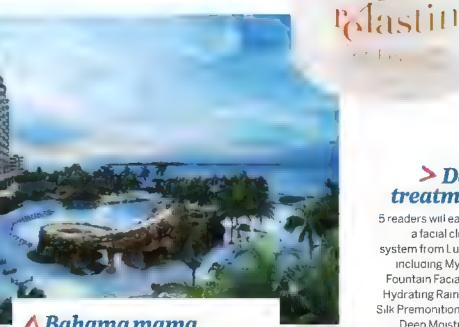
5 readers will each win \$300 worth of vintage jewelry from pequitopun com. Go feminine with ribbon and pearl bracelets or flirty with feathered earrings-you pick! Value of set, \$300 (Bonus, All readers get a 20-percent discount at pequitoburi com when they enter the code REDBOOK at checkout)



22 readers will each win the Skin Rev ta izer cream from Relastin This light facial treatment combines the results of Relastin's Zinc Firming Complex with exfoliating effects and works through all seasons, day or night, for all skin types Value of each, \$69



20 readers will each win a Hasbro Family Game Night video game pack for the Nintendo Wii from hasbro com Bring back memories of classics such as Connect Four, Yahtzee, Battleship Sorryl, Operation Jenga, and Bop It Value of set, \$80



### 🔨 Bahama mama

1 reader will win a 4 day, 3 night stay for 2 at the Wyndham Nassau Resort in the Bahamas, Watch the sun rise from your deluxe ocean-view room before heading out to run in the surf, play on the white sands, or go into the city for shopping, food, and adventures. Two \$300 airfare vouchers. provided. Total retail value, \$1,900

# > Deep treatment

5 readers will each win a facial cleaning system from Luxtural, including Mystique Fountain Facial Deep Hydrating Rainy Mist. Silk Premonition Facial Deep Moisturizing Anti-Aging Lotion, and Sophisticated Veil Facial Anti Aging Deep Moisturizing Serum Value of set \$414



# TOUR ETE DELOR, IN LIGHTS

NEW

Lange to Lange Interplay technology

santly agrice ;

en un cole

al marmolo,

LMA











# Win It!

### V The new black

2 readers will each win a Storm 2 and Visor Mount speakerphone from BlackBerry Stream calls and music from the smartphone through your car's FM stereo system. Value of set, \$640





KnockOut

# A forever diamond

10 readers will each win a diamond necklace from Zales. The Everlon Diamond Knot pendant features a 1/6-carat diamond set in sterling silver on an 18-inch chain. Wear it as a symbol of the strength of love. Value of each, \$200

### **NWork it out**

15 readers will each win a set of "10 Minute Solution" fitness kits from Anchor Bay Entertainment. Each kit includes 4 DVDs with 5 10 minute workouts plus a fitness tool (a balance ball a resistance strap, or weighted gloves). It's like a home gym that fits in a shoe box! Value of set, \$97



1 reader will win a 3-day, 2 night stay for 2 at Aria Resort & Casino in Las Vegas. The trip includes 2 spa treatments, 2 tickets to Cirque du Soleil's Elvis Presley—inspired production, and dinner for 2 at one of Aria's restaurants. Round-trip coach airfare included. Total retail value, \$1 650.



### **N**Sweet sounds

3 readers will each win an iPod accessories set from JBL/Harman International. Set your iPod on the Onstage dock and blast your music through the adorable Creature III speakers. When you're ready to head out the door, grap either one of your bright and stylish headphones. Value of set. \$490.



CILE ESTUNE

WIGE THE SPICE PUSH-LIP BRA

LILY OF FRANCE



RIDDOOK on the Web

# Spring clean—and live green!

While you're clearing away the winter cobwebs and scrubbing down the house, you can help tidy up the planet, too! A few small substitutions are all it takes to green your spring cleaning routine. For easy, earth-friendly tips to get your place fresh in a flash, log on to redbookmag.com.

### Speed-cleaning shortcuts

Is cleaning making weekends a wash? Our minutes-a-day speed-cleaning guide will help you keep your place shipshape—without sacrificing your free time.

redbookmag.com/speedclean

### Organizing tips that really work

Experts, readers, and even our own staffers spilled their clutter-busting secrets. Try a few of these smart solutions and you might have to rename your "junk drawer."

redbookmag.com/getorganized

### Natural cleaning recipes

Want streak-free windows, shiny tiles, and gleaming floors? The ingredients are right in your kitchen! Mix up some natural cleansers to cut through grime, save \$, and cut down on chemicals

redbookmag.com/naturalcleaners

### 20 effortless eco-friendly actions

You don't need solar panels or a compost pile to go green at home. Small steps (like cleaning out your dryer's lint filter) can still reduce waste, conserve energy, and-best of all-save you a little green on your utility bills.

redbookmag.com/greentips









# loveyourlife

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Live Claritin Clean
Indoors and Out.

# Try a trend, win a prize

TWO scenarios in a person's life when wearing a hat is necessary: the Kentucky Derby and the dead of winter. But Eugenia Kim's line of retro-inspired hats for Target might just change your mind: At only \$17 apiece, you can try adding one to an everyday ensemble. Or you can be one of 15 lucky readers to win one for free! Value of each, \$17. Enter at redbookmag.com /winit. See page 225 for details.





**THREE** or more romps in the hay a week can lower your blood pressure and overall stress levels, says Genie James, author of the new book In the Mood Again. So the next time you feel too overwhelmed to make time for sex, what you should really do is

grab your partner and do-si-do!

# Salon Manicure Made Simple.

Finally, all 5 steps of a salon manicure in 1 bottle.



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- ✓ Growth Treatment
- Color
- ▼ Top Coat

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salon brand.

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Vita-Care Technology
for advanced wear, more
shine, and nourishing care.

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Sulf Sulf Beauty that Works



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For 20 years Ceramide skincare expertise has led the anti-aging revolution, strengthening skin's moisture barrier against the visible signs of time. From luxurious formulas to breakthrough technologies and with over 550 million capsules sold, Ceramide Gold Ultra Restorative Capsules is just one of many Ceramide success stories. Firmer, younger looking skin is your right. And the right of every woman.

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SIMPONI<sup>™</sup> (gotimumab) is a prescription medicine. SIMPONI<sup>™</sup> can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that

have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI® if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- · fever, sweat, or chills
- · muscle aches
- cough
- · shortness of breath
- blood in phlegm
- · weight loss
- warm, red, or painful skin or sores on your body
- · diarrhea or stomach pain
- burning when you urinate or unnate more than normal
- · feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI," the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakınra), RITUXAN (rituxımab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People takıng SIMPONI™ should not receive hive vaccines

Reactivation of hepatitis 8 virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI\*\* Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.\* Tell your doctor if you know or think you may be a carrier of hepatitis 8 virus or if you experience signs of hepatitis 8 infection, such as

- · feel very tired
- · skin or eyes look yellow
- · little or no appetite
- vomiting
- · muscle aches
- · dark urine
- clay-colored bowel movements
- fevers
- · chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI." Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, brenchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling

Please read the Medication Guide for SIMPONI™ and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Just one dose, once a month.

### **Medication Guide**

### MEDICATION GUIDE SIMPONI" (SIM-po-nee) (golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

### What is the most important information I should know about SIMPONI?

SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.

Your doctor should test you for TB before starting SIMPONI.

 Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

### Before starting SIMPONI, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
    muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- · are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as
  the Ohio and Mississippi River valleys and the Southwest) where
  there is an increased chance for getting certain kinds of fungal
  infections (histoplasmosis, coccidioidomycosis, blastomycosis).
   These infections may happen or become more severe if you use
  SIMPONI. Ask your doctor if you do not know if you have lived in
  an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakınra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

#### Cancer

- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

### What is SIMPONI?

SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:

- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal antiinflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

## What should I tell my doctor before starting treatment with SIMPON!?

SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:

- have an infection (see "What is the most important information I should know about SIMPONI?").
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine.
   People taking SIMPONI should not receive live vaccines.
   People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:

- supplements. Especially, tell your doctor if you use:

  ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (ntuximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

#### How should I use SIMPONI?

- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector.
   Your doctor will prescribe the type that is best for you.
- See the detailed Patient Instructions for Use at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

#### What are the possible side effects with SIMPONI?

SIMPONI can cause serious side effects, including:

# See "What is the most important information I should know about SIMPONI?".

#### Serious Infections

Hepatitis B infection in people who carry the virus in their blood.

- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI.
   Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - · feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.

- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms
  of heart failure while taking SIMPONI (such as shortness of breath
  or swelling of your lower legs or feet).

#### **Nervous System Problems**

Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.

- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - · weakness in your arms or legs
  - numbness or tingling in any part of your body

#### **Liver Problems**

Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms.

- feel very tired
- skin or eyes look yellow
- · poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

#### **Blood Problems**

Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

#### Common side effects with SIMPONI include:

- upper respiratory tract infection
- sinus infection (sinusitis)

• nausea

- flu
- abnormal liver tests
- runny nose
- redness at the site of injection
- fever
- high blood pressure
- · cold sores
- bronchitis
- 6010 20162

dizziness

numbness or tingling

#### Other side effects with SIMPONI include:

- Immune System Problems. Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - · a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains

- · becoming very tired
- · chest pain or shortness of breath
- swelling of the feet, ankles, and/or legs
- Psoriasis. Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop rad scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- Altergic Reactions. Altergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an altergic reaction:
  - hives
  - swollen face
  - · breathing trouble
  - · chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

#### How do I store SIMPONI?

- Refrigerate SIMPONI at 36°F to 46°F (2°C to 8°C).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

#### Keep SIMPONI and all medicines out of the reach of children.

#### General Information about SIMPONI

Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.

- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

#### What are the ingredients in SIMPONI?

Active ingredient: golimumab.

Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

#### Manufactured by:

Centocor Ortho Biotech Inc. Horsham, PA 19044 US License No. 1821

Revised: 11/2009 25GL09421

This Medication Guide has been approved by the U.S. Food and Drug Administration,





# TRISHA YEARWOOD'S

By Lori Berger



You can tell when Miss Yearwood sings, she loves it heart and soul, says Trishaß husband, Garth Brooks. ItR the same with her cooking.

Pull up a chair. Trisha's serving up some of her favorite dishes. She's no four-star chefbut she's never tried to be. Nope, for this country superstar, the best meals are all about plenty of family around the table, and stories to be shared. Let's listen in.



Welve always been a very close family, says Trisha, with her mom, Gwen (left), and sister, Beth.

# G PES REPRINTED FROM HOME COOKING WITH TRISHAIYEARWOOD STORES AND RECPPES TO SHARE WITH A LAND REPRESS CLARKSON POTTER.

# anging out with the Yearwood clan, it's always wise to save room for seconds.

Case in point: Two years ago, Trisha published a cookbook with her mom, Gwen, and sister, Beth, packed full of the Southern recipes the family loves best. Georgia Cooking in an Oklahoma Kitchen quickly landed on the New York Times best-seller list. So, like any good hostess would, Trisha quickly followed up her delicious first serving with an equally delectable second round: Home Cooking With Trisha Yearwood lands in stores this month. While the first book was mostly a collection of recipes from Trisha, Gwen, and Beth, Home Cooking gathers favorites from Trisha's aunts, uncles, cousins, and friends. "I didn't want this book to be Volume II, More of the Same," explains the awardwinning country artist. "So we cast

a bigger net. A lot of these recipes, such as Uncle Wilson's stuffed bell peppers, were things I have eaten at family reunions and relatives' homes but had never made myself."

Trisha's food philosophy revolves around passion and simplicity. "A lot of people come up to me and say, 'I don't really cook very much, but I tried your meatloaf and it was so easy and delicious," says the singer, 45, who's also wife to country superstar Garth Brooks and stepmom to his three girls. "That kind of thing is the greatest possible compliment to me, because I think some of the best food is the most simple and basic stuff."

True enough Salt and pepper are her spices of choice, bacon is a food group all its own, and cheese—well, don't get her started. "I love cheese, and I love cheese in everything," she laughs. "Macaroni and cheese is probably one of my favorite things in the world. I don't care if it's from a box or a school cafeteria. In this book, I've included a Crock-Pot recipe for mac and cheese that is one of the best things in the whole world.

I can't make it that often, because I will eat the entire thing. But my motto's always been, Everything in moderation—including moderation."

Another (slightly more waistline-friendly) favorite in the Yearwood-Brooks household: Veggie Night. "In an effort to get more vegetables into all of our diets, we've instituted Veggie Night during the week, which the girls really love," Trisha says. "Everybody picks their favorite vegetable—and that can include mashed potatoes, because that is a vegetable! We end up with things like roasted carrots, green beans, and I love sweet potatoes and cooked cabbage. The girls will come home from school and go, 'Oh, yeah, it's Veggie Night!'—because it's all of their favorite stuff. It's also a great one for them to help with because there's a lot of peeling and chopping."

Trisha knows that good home cooking is a main ingredient in keeping families close. "When I was growing up, suppertime, as we called it, was when the family got together around the table—that was our family time," she reminisces. "And there were lots of nights we sat at that table for hours, far beyond supper, just laughing, talking, and having fun. Those dinners are some of the best memories of my childhood." That tradition lives on at Trisha and Garth's ranch in Oklahoma. "Having dinner together is something Garth and I have worked at making sure we do, because it's too easy these days not to. Everyone has their own agenda and is going in a million different directions," she says. "So for us, it's become, 'Now we're all going to sit down and the cells are going to be turned off and there are not going to be any iPods playing into anyone's ears. It's time for family.' And even if at first the girls are like, 'Really?' we end up having the best time."

Like any true Southern girl, Trisha is gracious and modest about the success of her first book, not to mention her own cooking chops. Her mother, she insists, is the real "cooking queen," and the first



Trisha's favorite memories center on "food, cooking, and hanging around the table together."



50 readers will each win a copy of Trisha's book. Value of each, \$30. Enter at redbookmag ...com/winit See page 225 for details.



## Garth's breakfast bowl

"Garth is such a gentleman. He doesn't even drink coffee, but he makes my coffee every morning. And if I've gotten in late because I was on the road and slept in a little later, the first thing I can smell when I wake up in the morning is the coffee and the bacon. And I'll walk into the kitchen and he's got it all going on. He puts together these fantastic breakfast bowls, and you really don't need to eat again all day after you've had one. It's pretty fantastic."

- Tosp butter
- large eggs
- 16-oz bag frozen hash browns or Tater Tots, thawed
- lb pork sausage

- Ib bacon
- 9-oz package cheese and roasted garlic tortellini
- 10 oz sharp cheddar cheese, grated (about 21/2 cups)
- In a large skillet, melt the butter and scramble the eggs.
- In a separate large skillet, cook the hash browns according to package directions. In a third large skillet, break up the sausage with a wooden spoon and cook until browned Dram off the excess fat. Transfer the sausage to a bowl. Cook the bacon in the same skillet. Drain on paper towels and set aside. Cook the tortellini according to the package directions. Layer a large bowl with hash browns, sausage, bacon, tortellini, eggs, and cheese. Serves 4.

person Trisha calls when a kitchen disaster strikes. "My mom was raised on a dairy farm and was the only daughter with two brothers, so she learned to cook at a young age," Trisha recounts. "My grandmother cooked every day for 20 to 30 men who would come in from the fields. There was just this huge spread of homemade biscuits, gravy, chicken dumplings, cakes, pies, and more, and they made it look like it was the easiest thing in the world."

In fact, Trisha says one of the most important lessons she learned from her mother is that crowdpleasing cooking doesn't have to be complicated. Sticking with the tried-and-true-or, as Trisha puts it, "good food you can't mess up"—is always a win-win situation. "My mom's much more fearless than I am. Everyone thinks I'm a chef now. I'm not; I just love to cook. I don't do anything really fancy. I'm all about how it tastes."

It's a philosophy Garth fully supports. When he and Trisha built their house four years ago, "the one thing Garth said was, 'I want the kitchen to be fantastic, and I want you to have whatever you want because you're in it and you enjoy cooking," Trisha recalls. "He didn't mean one of those kitchens that is so perfect and beautiful you don't even want to make toast in it. Our kitchen has

plenty of room just to hang out; it's warm and fun and welcoming," And Garth's an active participant in it. "He jokes how, when he first got

divorced and moved to Oklahoma and had the girls every other day, the three of them ate a lot of boxed macaroni and cheese and chicken tenders." Trisha says. But today, Garth is king of the hearty breakfastand the inventor of the breakfast bowl featured in Trisha's new book (and above). "He is really an experimental cook," Trisha explains, "He came up with this breakfast bowl, but it's not really a recipe. It's more like a bunch of really great things thrown into a bowl."

Trisha's dad, Jack, was also a master of savory inventions. His Brunswick stew was a family favorite. And his barbecued chicken, Trisha proudly shares, was a local legend: "If they were doing

"Enjoying life is all about being surrounded by people you love, says Trisha. Below, at a family reunion.



a big barbecue in town to raise money for something, the question from everyone would be, 'Is Jack cooking the chicken?' Because if he was, they would buy the tickets, he was that good." And although Jack passed away before he got to see the success of his family's first cookbook, putting it together "was a great and healing way for us to celebrate him," Trisha says, "Those recipes are how my dad lives on. Now we want to make sure that my sister's boys, my dad's grandsons, know how to make them too so they can carry on the tradition he started. I just have so many wonderful memories of him and our familywe were all so close—that not a day goes by that something will happen and I'll chuckle to myself and think how much my dad would have loved whatever it is. I feel like he's

For Trisha, a recipe lacking in family tradition is as bland as a boiled

always around."

potato. And if you can't serve up a little love and passion in your cooking, well, you might as well microwave a frozen dinner. "The experience of having people you love and care about at your dinner table is incredibly gratifying," she says. It's a feeling she inherited from her dad. "My dad loved that people loved his cooking, and he was, to a fault, apologetic every time he made something," she remembers. "He'd say, 'Maybe the chicken was a little overdone,' even though it was always perfect. And when I do that, Garth will say, 'Okay, Jack.'

"But the truth is, you just want so much for everyone to enjoy your food. And I get such satisfaction when other people love something I've made."

# Uncle Wilson's stuffed bell peppers

Uncle Wilson is my mom® brother. He® a really great cook; he was in our first cookbook, too. He® one of those guys that when you see him, you just smile because he® always got a big smile on his face. In the last few years, Garth and I have started a Fourth of July tradition where everyone comes over to our house and we have a big feast. Uncle Wilson decided to drive out from Georgia and join us a couple of years ago. He made these stuffed peppers. I had never had them before, and they were awesome!



- 6 large red or green bell peppers 2½ cups long-grain white rice (or rice of your choice)
- 2 lbs lean ground beef
- 1/2 medium-size sweet onion, diced
- 2 gartic cloves, finely chopped
- 1 14.5-oz can diced tomatoes, with their juices
- 10-oz can Rotel diced tomatoes and green chiles
- 16 oz sharp cheddar cheese, grated (about 4 cups)
- 1/2 tsp pepper
- 1 tsp salt
- 1. Preheat the oven to 400°F.
- 2. Cut the beli peppers in half, top to bottom. Remove the seeds and the ribs. Set aside. In a medium saucepan, cook the rice according to package directions. In a medium skillet, brown the ground beef, onion, and garlic. Drain the meat. In a medium saucepan, bring the tomatoes to a boil, then reduce the heat and simmer for 5 minutes. Remove from the heat. In a large bowl, combine the ground beef, rice, tomatoes, pepper, and salt and mix until blended.
- 3. In a 9×13×2-inch pan, place the bell peppers skin side down. Evenly divide the beef mixture among the pepper halves. Cover the pan with aluminum foil and bake for 40 minutes. Remove the foil and sprinkle the cheese on the top. Return the pan to the oven, uncovered, for about 5 minutes, until the cheese meits.

**Note from Gwen:** Before using, will the pepper halves in boiling water for about 5 minutes. This will reduce the cooking time from 40 minutes to 15. Serves 6



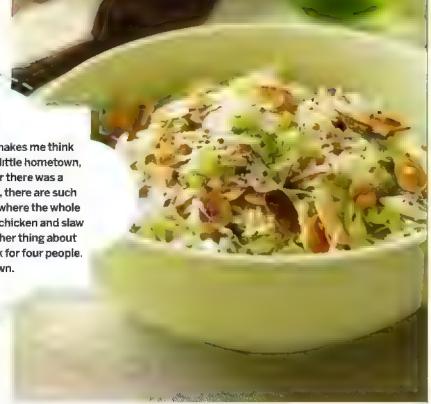
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## Crunchy slaw

This is my sister® recipe, but it always makes me think of my dad, too. My dad was The Guy in my little hometown, the one cooking for everyone whenever there was a barbecue or an event. Now with him gone, there are such vivid memories of those meals—the ones where the whole town would go up and get their barbecued chicken and slaw and their piece of white bread. And the other thing about Daddy was that he didn® know how to cook for four people. It was always for the whole town.



#### SALAD

- head green cabbage, finely chopped
- 8 green onions, finely chopped
- 1/2 cup sliced almonds
- 1/2 cup sesame seeds
- 1/4 cup (1/2 stick) butter
- 2 3-oz packages ramen noodles, flavor packets discarded

#### DRESSING

- 2 Thsp sugar
- 1/2 cup vegetable oil
- 3 Tbsp red wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

- Mix the cabbage and green onions in a large bowl. In a small saucepan over medium heat, brown the almonds and sesame seeds in the butter.
- Combine the dressing ingredients in a small bowl and stir well. Just before
  serving, add the sesame seeds, almonds, and crushed raw ramen noodles to
  the cabbage and green onions. Pour the dressing, a little at a time, over the
  saiad mix, then toss. Serves 10 to 12.



## Crock-Pot chocolate candy

My cousin Donna Paulk is a great cook.

She kindly gave us several great recipes for this collection, including chicken soup, macaroni and cheese, beignets, and this candy. Hove this kind of recipe: The candies look so pretty and appear really hard to make. People will think you're a genius cook—which is almost embarrassing, considering how easy they are to make.

Just layer everything in the cooker and wait!

- 2 lbs (36 oz) salted dry-roasted peanuts
- 4 oz (4 squares) German® sweet chocolate
- 1 12-oz package semisweet chocolate chips (about 2 cups)
- 21/2 lbs white almond bark
- Put the peanuts in the bottom of a 4-quart slow-cooker. Layer the chocolate over the peanuts, beginning with the sweet chocolate,
- followed by the chocolate chips, and then the almond bark. Set the temperature on low and cook for 3 hours. Do not stir the mixture
- After 3 hours, stir the mixture with a wooden spoon until smooth. Drop the candy into cupcake pan liners, using about 2 tablespoons per liner. Allow the candy to cool completely before removing the cupcake liners. Makes 30 to 40 pieces.

# GET THE

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Flippen shares products that re-create a pampering experience—and deliver radiant skin—right at home.



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MARY KAY®



# Key lime cake

We had a big 70th birthday party for my daddy. He was a pretty humble guy and was embarrassed that so much attention was being focused on him, but he ultimately loved visiting with all of his friends, some he hadnR seen in a long time. Over 200 friends and family signed the guest book that night; that B a testament to the man. I think of him when I make this cake because we served it that night, I miss my daddy, but there are always things to remind me of how much fun we had as a family.

#### CAKE

- 1 3-oz package lime-flavored gelatin
- 11/3 cups granulated sugar
- 2 cups sifted all-purpose flour
- 1/2 tsp salt
- 1 tsp baking powder
- tsp baking soda
- large eggs, slightly beaten
- 11/2 cups vegetable oil
- 3/4 cup orange juice
- Tbsp lemon juice
- 1/2 tsp vanilla extract
- 1/2 cup Key lime juice (from about 25 small Key limes or 4 large regular limes)
- 1/2 cup confectionersR sugar

- Preheat the oven to 350°F. Grease and flour three 9-inch-round cake pans.
- 2. In a large mixing bowl, mix the gelatin, sugar, flour, salt, baking powder, and baking soda. Stir to mix well Add the eggs, oil, orange juice, lemon juice, and vanilla. Divide the batter evenly among the 3 pans and bake for 35 to 40 minutes. Test for doneness by lightly touching the tops of the layers or inserting a toothpick. Cool the layers in the pans for 5 minutes, then turn them out onto racks.
- 3. While the layers are still hot, mix the lime juice and confectioners Rougar and pour it over the layers on the racks. You can pierce the layers with a fork to allow the glaze to soak in better. Allow the layers to cool completely as you prepare the icing

#### CREAM CHEESE ICING

- 1/2 cup (1 stick) butter, room temperature
- 1 (8-oz) package cream cheese, room temperature
- 1 (1-lb) box confectioners Rsugar
- Cream the butter and cream cheese. Beat in the confectionersRugar until the mixture is smooth and easy to spread. Spread the iding between the layers and on the top and sides of the cake.

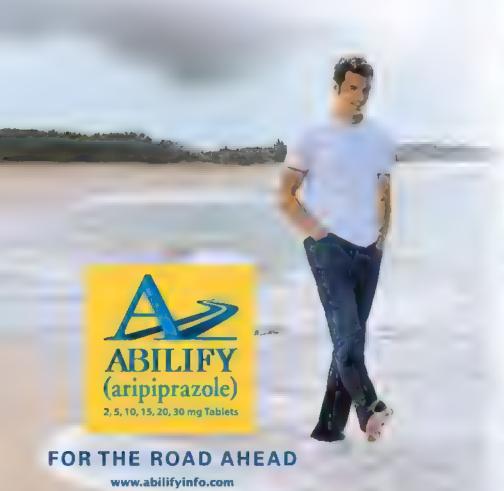
Note: The cream cheese using is optional. This cake is beautiful and tastes great with just the glaze poured over it. Serves 12.

# GETTING HELP MANAGING MY SYMPTOMS WAS A WAY TO MOVE FORWARD.

#### Maybe ABILIFY can help you.

ABILIFY (aripiprazole) is clinically proven to help control the symptoms of manic and mixed episodes of Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age. It is one of many treatment options.

Hundreds of thousands of adult patients have been prescribed ABILIFY. Ask your healthcare professional if once-a-day ABILIFY is right for you.



#### IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (for example, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Cali your doctor if you develop very high fever rigid muscles, shaking, confusion, sweating or increased heart rate and blood pressure as these may be signs of a rare but potentially fatal condition called neuroleptic malignant syndrome (NMS)
- if you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of tardive dyskinesia (TD), which could become permanent
- If you have diabetes or have risk factors or symptoms
  of diabetes, your blood sugar should be monitored.
  High blood sugar has been reported with ABILIFY and
  med cines like it. In some cases, extreme high blood
  sugar can lead to coma or death
- Other risks may include lightheadedness upon standing decreases in white blood cells (which can be serious), seizures, trouble swallowing, or Impairment in judgment or motor skells. Until you know how ABILIFY affects you, you should not drive or operate machinery

Most common side effects (≥10%) from all clinica, thais involving adults or pediatric patients include

- ADULTS: Nausea, vomiting, constipation, headache, dizzness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness
- PEDIATRIC PATIENTS (6 to 17 years): Sleep ness, neadache, vormiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, Insomnia, nausea, stuffy nose/sore throat and increased weight

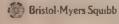
Telf your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional important information about ABILIFY on the adjacent page.

If you or someone you know needs help paying for medicine, call 1-888-4PA-NOW 1-888-477-2669) Or go to www.ppart.org

Individual results may vary. Actor portrayal.







#### IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

#### Name

ABILIFY® (c-BiL-i-fs) (arigiprazole) (air-ri-PiP-ra-zall)

#### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used alone or with idhium or divalproex to treat manic or mixed episodes of Bipolar I Disorder in adults or pediatric patients (10 to 17 years).

#### What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to expenence extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms; manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very arnitable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive

#### Who should NOT take ABILIFT?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and riching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

#### What is the most important information that I should know about ABILIFY?

Elderty patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental lilnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and mability to perform daily activities). ABILIFY is not approved for treating patients with dementia

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a senous condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional

## What should I talk to my healthcare provider

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide as well as for anxiety. agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away If you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose

#### Be sure to tell your healthcare provider:

- · About any medical conditions you may have
- · Whether you're taking any other prescription or over-thecounter medicines, vitamins, or herbal products
- · Whether you're pregnant, plan to become pregnant, or are breast feeding
- If you have or have had a low white blood cell count (WBC).
- . If you or anyone in your family has had seizures
- . If you or anyone in your family has had high blood sugar or diabetes

#### What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohor
- · Avoid breast-feeding an infant

## What are the possible side effects of

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathista), anxiety and insomnia. Common side effects in pediatric patients (6 to 17 years) include: sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abi ifv.com. Talk to your healthcare professional if you have questions or develop any side effects

## What percentage of people stopped taking ABILIFY (aripiprazole) due to side effects?

The percentage of adults who discontinued taking ABILIFY due to side effects compared to those treated with sugar pill was 11% and 10% in clinical toals of ABILIFY used alone and 12% and 6% in a clinical trial of ABaJFY used with lithium or divatoroex.

In clinical trials, the percentage of pediatric patients (10 to 17 years) who discontinued taking ABILIFY due to side effects was 7% and 2% for patients treated with sugar pill.

#### Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILLIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines\* include

- ketoconazoie (NIZORAL<sup>®</sup>)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- pamxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

#### How should I take ABILIFY?

- · Take ABILIFY exactly as directed by your healthcare professional
- · ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- · Talk to your healthcare professional before stopping ABILIFY or changing your dose

#### General advice about ABILIFY:

- . ABILIFY should be kept out of the reach of children and pets
- . Store ABILIFY Tablets and the Oral Solution at room temperature
- · For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- · For patients who cannot metabolize phenylaianine (those with phenylketonuria or PKU) ABILIFY DISCMELT® contains phenylalanine
- · If you have additional questions, talk to your healthcare professional

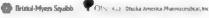
#### Find out more about ABILIFY;

Additional information can be found at www.abilify.com/bipolardisorder

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Based on Full Prescribing Information as of 11/09 1239550A7





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Distributed and marketed by Otsuka America Pharmaceutical, Inc. Rockville, MD 20856 JSA.

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# Something to make you smile

According to a recent Harris Interactive survey, 51 percent of women chose teeth-whitening as the top cosmetic procedure they'd try if money were no issue—even beating out a turniny tuck and aposuction. While in-office treatments can be costly (up to \$1,000), you can brighten up at nome for a fraction of the price, with gels, strips, and rinses. And money really isn't a concern if you score one of the oral-care kits below for free! Enter to win at redbookmag com/winit. See page 225 for details.



Value of set, \$13.



12 winners will each win Crest 3D White Professional **Effects Whitestrips** (shown), 3D White MultiCare Whitening Rinse, 3D White Vivid Toothpaste, and an Oral-B 3D White Advanced White toothbrush. Value of set, \$68.



On-the-go clean 15 winners will each win eight 16-packs of Colgate Wisp, including new Wisp Plus Whitening (shown) and original Wisp in Peppermint, Cinnamint, and Spearmint, Value of set, \$65.





Now, a full range of caring color and treatments that address your lips' unique needs. Created by our team of scientists and dermatologists, powered by 200 patents and counting. Beautifully visible results, guaranteed.



Line Fix Lip Repair Line-Smoothing Care with Marine Collagen to deliver super hydration while filling in fine lines.

**Lip Inflation Extreme Plumping Care & Color** with Hydro-Collagen to instantly help boost fullness and shine to the X-treme.

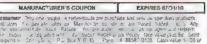
Overnight Lip Recovery Moisturizing Care with Multi-Vitamins and natural Yucca to help renew the appearance of dry, peeling lips while you sleep.

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Fleas don't just infest your pet. By spreading their eggs and larvae around, they end up in your bed, your carpet, everywhere. To stop an infestation, ask for the brand vets recommend most: FRONTLINE® Plus. It kills fleas fast, plus their eggs and larvae—and even ticks. It's waterproof. And just one dose lasts all month long.

Make sure the only one getting comfy in your home is your pet. Ask for the Vet's #1 Choice, FRONTLINE Plus.





Kills fleas and ticks fast...and lasts.





## Take liberties

MAC's hot spring shades come in the coolest cases. The Give Me Liberty of London limited-edition collection, \$12 to \$30 each, features the conic floral prints of the quintessential British brand. Get them before they're out of, well, print.

## Check this out

Get the freshest nail color of the moment in an easy, one-step formula: Sally Hansen Complete Salon Manicure in Grass Supper, \$8.



# Open up your eyes

DON'T STRAY YouTube sensation
Lauren Luke is taking
her tips to the printed
page with Lauren Luke
Looks. 25 Celebrity and
Everyday Makeup
Tutorials, \$22. One we
love: "Applying eye primer
around and just below the
inner eye area will really
change the shape of your
eyes and make them look
fresh and open." Try it
with Benefit Stay Don't
Stray primer, \$24.



Supercharge your skin

...with this month's MVP.

We all carry electrical currents—just think of the shocks you get from static electricity. Well, the scientists at Johnson & Johnson have harnessed that power for antiaging. Their innovative **Cytomimic technology** uses zinc and copper as the "battery" that stimulates cells to boost collagen and turn over faster **The result:** skin that acts—and looks—younger.

10 winners will each win RoC Brilliance Eye Beautifier, Aveeno Ageless Vitality Elasticity Recharging System-Eye, and Neutrogena Clinical Facial Lifting Wrinkle Treatment Night. Value of set, \$115. Enter at redbookmag.com/win it. See page 225 for details.



Purse your lips

Lip Gloss in Legend, \$26.

Finally, a lip product designed to slip into

your pocketbook—or pocket: the fabulously

flat (in shape, not shine) Hourglass Prodigy

Who makes you look and feel young? Now through Mother's Day, Elizabeth Arden is sponsoring a contest that invites you to share your inspiration at daughters ofbeauty.com. One winner (and her plus-one!) will spend a fabulous spa day at the Red Door Salon in NYC.









# Yep, it's getting a lot of attention.

## Introducing our new Mediterranean inspired Café Steamers.

Our delicious Balsamic Garlic Chicken uses a new innovative SteamTray technology to unlock a genuine Mediterranean flavor. No fake tans here With all natural olive oil, whole grain pasta, fresh tasting spinach and tomatoes, it doesn't just taste good









Must-read of the month

Charla Krupp is like a best friend who tells you how you really look in that outfit. Her new book, How to Never Look Fat Again, gives you easy-to-follow tips on how to always look your best-with photos to prove it. It's chock-full of straightforward solutions for real style dilemmas, like when to say no to miniskirts. Consider the mystery of looking great in clothes solved. Win it! 100 readers will each win a copy. Value of each, \$27. Enter at redbookmag

.com/winit. See page 225 for details.



Wrap sweaters or sarongs tied around the hips Boyfriend sweaters with big bulky pockets

Tight boot-leg jeans

Skinny jeans tucked into boots

.) Tops that gather at the widest part

() Whiskers across the crotch on pants, skirts

Jackets, sweaters, vests that hit mid-thigh

Cargo pockets on the thigh

A peasant skirt that tiers across the hips

Micro-minis and shorts

40-3115

WITHOUT DITTESO,







Cat-eye lashes

How to make this Hollywood look work in the real world. By Krista Bennett DeMaio

Eyeliner isn't the only way to get a flirty cat eye. When lashes on the outer corners of your eyes are longer than the rest, they make eyes look sexy and feline, says New York City—based makeup artist Nick Barose.

Try it for: Any occasion that calls for glamour.

Make it real: Celebrities get a little help from false lashes—and the makeup artists who apply them. You can fake the look by layering different mascaras

How to do it: Start by curling your eyelashes. Then use a primer to condition, separate, and thicken lashes pre-mascara. Try Laura Geller Beauty Ingenuity Lash Spackle Conditioning & Enhancing Eyelash Primer, \$18. Next, apply a volumizing mascara such as Maybelline Lash Stiletto Voluptuous Mascara in Very Black, \$9, to all lashes. Once that dries, apply lengthening mascara to just the outer eyelashes. Try Clinique High Dengths Mascara in Black, \$14, which has an extralong wand to reach outer lashes.

100 readers will each win a Clinique High Lengths Mascara Value of each, \$14. Enter at redbookmag.com/winit. See page 225 for details.

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PHOTOGRAPHED BY SARRA F. E. R. ABOL E. HA A A STUDIO DI HA'R AND MAKEUP. E. SA FLOWERS AT BA REPS COMIUS NU HAR PRODUMTS. BY MAKEUP BY DIOR CELEBS FROM FFT. F. WMAGIC CETTY MAGES WIREMAGE/JETTY MAGES (2) STULS PHOTOGRAPHED BY MARKO MET

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# Beauty on demand

Ask and you shall receive. Many beauty brands will fill small jars or tubes with any product you want to try-they call it "dramming"—on the spot. Get your samples at:

- · Kiehl's stores
- Sephora stores
- Boots at Target stores
- The Body Shop
- Origins stores and counters
- Lancôme counters
- Dior counters











"Ingrid" air-pad push-up bra, \$28, and hipster, \$14, both Affinitas Intimates, herroom.com

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# Martha was wearing a 38B, but she's really a 32D.

Susan says: "After two kids, Martha's body is completely different, and her bra should reflect that In fact,

"You need to try at least 10 to 15 bras to find one that really fits."

I recommend getting refit once a year. One of the biggest mistakes women make when buying a bra is sticking with the same size throughout their life."

**TIP:** If you can pull your bra away from your body more than two inches, your band size is too big.

"Lulu" plunge push-up bra, Jezebel, \$26; designerintimates.com "Lush Lace" cheeky boy shorts, Felina, \$12; designerintimates .com. Crushed silk georgette kimono, Mary Green, \$129, marygreen.com



"Mi Corazon" push-up bra, Cosabella Amore, \$52; Bloomingdale's, 800-777-0000 for store info, bloomingdales.com.

Sarah was wearing a 38DD, but she's really a 36H.

Susan says: "A full-busted woman wearing the wrong bra size can do serious damage to her back and neck. A well-fitting bra will alleviate the weight on your shoulders and improve your posture. If your straps are digging into your shoulders and leaving marks, try a smaller band size and a deeper cup."

**FACT:** 90 percent of the support of a bra comes from the band, not the straps!

"Rive Gauche" bra, Chantelle, \$88, myintimacy.com for more info. Butt-lifting cheeky boy briefs, DuMi, \$46; dumi.com.

"Bras are personal but also technical, so ask a professional for help."

"George" balconette bra, Cleo by Panache \$55; barenecessities.com.

5 readers will each win a Panache "Porcelain Lace" bra (available in sizes 30 - 38 D - G). Value of each, \$62. Enter at redbookmag.com /winit. See page 225 for details.







# Diane was wearing a 36D, but she's really a 34DD.

Susan says: "I always put fuller-busted women in the most youthful bras their body type can pull off. They can still wear all the same styles and shapes as women with smaller breasts, but with about 70-percent cup coverage versus 50 to 60 percent."

TIP: When a brais properly centered, a large bust will look smaller and a small bust will look fuller

"Embrace Lace" bra, Wacoal, \$46; wacoal-america.com, barenecessities.com,

"Your bust should sit midway between your shoulder and your elbow."



"Saffron" balconette bra, Panache, \$66; breakoutbras.com.



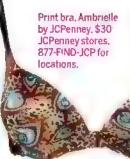
# Jennifer was wearing a 36B, but she's really a 34C.

Susan says: "Many women, including Jennifer, wear a braiband that is way too big. If the band is too big, your straps will fall and the bra will ride up and grab your skin-causing the dreaded 'back fat."

"If you're wearing the right-size bra, you won't feel the underwire at all."

> TIP: When a bra fits perfectly, the underwire and centerpiece will lie flat against your rib cage.

Lace demi-cup bra, Seven 'til Midnight, \$14; trashy com, "Edgy Girl" hipster, Jezebel, \$28; designerintimates.com



at redbookmag.com /winit. See page 225 for details.

30 readers will each win an Ambrielle by JCPenney bra. Value of each, \$30. Enter

#### Not enough lashes? **GROW** them!

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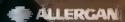
ill for hypotrichosis used to grow eyelashes, making them longer, thicker and darkes oth for having inadequate or not enough eyelashes

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manufacture products for lowering eye pressure or have a history of eye pressure problems, and loss foctor supervision. May cause eyelid skin darkening which may be reversible, integrated brown iris pigmentation which is likely to be permanent. There is a in areas where LATISSE® solution comes in repeated contact with skin The most common side effects are itchy eyes and eye redness. instead in the second street ally return to their previous appearance.

t negative side effects of prescription drugs to the FDA. Main www.fda.gov/medwace or call I-800-FDA-1088.

mportant product information on the following page.



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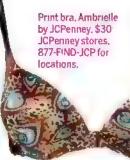
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Lace demi-cup bra, Seven 'til Midnight, \$14; trashy com, "Edgy Girl" hipster, Jezebel, \$28; designerintimates.com



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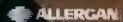
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# the Secret to the hair you want

Yes, your hair can look like this! Here's what you need to know to get locks you'll love. By Cheryl Kramer Kave

ou've got fine hair and want sexy waves? No problem. A mass of curls you want to straighten? Done. No matter what your hair type, Pantene has unlocked the secret to making your hair do exactly what you want.

Their scientists examined the ways individual hairs behave, how they interact with neighboring strands, and how the head of hair acts as a whole. This research helped them identify four distinct hair "structures" that determine how your hair interacts with products. The structures are: fine, medium to thick, curly, and color-treatedand they've revamped their entire line accordingly. The result? A deeper understanding of how hair products, including shampoos and conditioners, can help you achieve the look you want. "Once you identify your hair's natural structure, you have a lot of flexibility with what styles you can create," says Pantene senior scientist Jeni Thomas.

Here. Thomas leads us through the characteristicsand pitfalls—of each kind of hair structure, then Pantene celebrity stylist Hallie Bowman explains which products work for your hair to help you get the look-any look-you want.



About your hair: Fine hair has about 50 percent less protein than thicker hair, which means it's more flexible than other hair structures. It also has very little hair-to-hair interaction. While these traits might sound like a good thing, they actually make it harder for your hair to hold a style. Also, product buildup easily flattens your hair.

Your shampoo/conditioner: "Since fine-haired women tend to use a lot of styling product, it's important to remove all that residue from the hair," Thomas says. But cleanse gently, or you'll strip your hair of shine. Try Sebastian Volupt shampoo, \$14, and conditioner, \$15, a nonstripping, lightly conditioning combination.



...a thermal protective gel or hairspray, which will give you hold plus protection from the curling iron you'll need to create this look. Try Bosley Volumizing & Thickening Styling Gel, \$15.



...use a spray gel. "A spray gel distributes the product more evenly and lightly than a regular gel," Bowman says. "Gel helps you create volume from the roots and gives long-lasting hold to your waves." Try Aveeno Nourish + Style Curl-Defining Spray Gel, \$7.



...use a volumizing mousse. "Mousse has even more structure than a gel, so you get all-over volume," says Bowman. Try Redken Body Full Instant Bodifier, \$16.

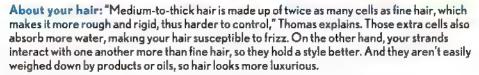
#### For color-treated hair...



...use a shampoo and conditioner specifically for color-treated hair. "Coloring your hair-and we're not talking about a few highlights-trumps all the other structures in terms of how your hair interacts with products," Thomas says. "Colortreated hair requires the protective ingredients in special shampoos and conditioners." Try Tigi Bed Head Brunette Goddess shampoo, \$13.50, and conditioner, \$18.50.

#### If you have medium-to-thick hair...





Your shampoo/conditioner: "Adding conditioning ingredients while hair is wet will combat roughness," Thomas says. Try Pantene Medium to Thick Hair Solutions Frizzy to Smooth Shampoo with Triquat 76 (an ingredient that helps silicone deposit evenly to protect hair), \$4, and Conditioner, \$4.



Go to pantene.com/freesample beginning April 1 to try out the new line for yourself!



...a mousse. "Mousse is great for building volume at the roots and providing a soft, bouncy hold for medium to thick hair," Bowman says. Try TRESemmé Naturals Lightweight Mousse, \$4.50.



...use a straightening cream, "which can add a little weight that helps keep the wave from returning," Bowman says. Try Fekkai Coiff Contrôle Ironless Straightening Balm, \$25.



...use an anti-frizz lotion or gel. "You want a sleek finish that won't leave hair stiff or tacky," Bowman says. "If your hair is really thick and needs minimizing, flat-iron it before you pull it back, then use a smoothing lotion on the surface." Try Nexxus Sleek Finish Frizz Taming Silkening Lotion, \$11.





...try Suave Professionals Color Care Shampoo, \$2, and Conditioner, \$2, with anti-fade antioxidants. If you don't come by your blonde naturally, remember it's more important that your shampoo and conditioner address the chemical changes caused by coloring rather than your hair's thickness.



#### If you have curly hair...



About your hair: "Curl controls so much about how hair behaves," Thomas says. The many twists and turns of curly hair mean each strand has more weak spots where breakage can take place. Also, your strands tend to crash into one another, causing damage that can further weaken the hair's cuticle and allow frizz-causing moisture to enter.

Your shampoo/conditioner: Sunsilk Captivating Curls shampoo, \$5, and conditioner, \$5, use glycerin to minimize the friction between strands while preventing changes to your hair's moisture level.

#### To get loose waves, try...



...a wave-enhancing mousse. "Mousse can help tame frizz while it shapes and defines the waves you want," Bowman says. Try Hair Rules Wavy Mousse Styling for Wavy Hair, \$20.

#### For pin-straight strands



...use a heat-protective spray. "It's important to protect hair before applying the heat needed to straighten it," Bowman says. Try Paul Mitchell Express Style Hot Off the Press Thermal Protection Spray, \$13.

# For a smooth finish

...use a straightening cream. "A straightening cream will help loosen and unwind curls," Bowman says. Try Logics Color DNA System Blow Sculpt Smoothing Cream, \$20.

#### For color-treated hair ...



...try Pureology SuperSmooth Shampoo, \$27, and Hair Condition, \$27, with sun filters and antioxidants to preserve color longer—reds tend to fade fastest. (Roberts is naturally dark blonde!) In this case, color outranks curl for your choice of shampoo and conditioner.



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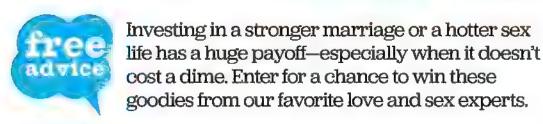


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Naked Truth
BY HILDA
HUTCHERSON, M.D

# Your most secret sex questions—answered!



Hilda Hutcherson, M.D., is a clinical professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons in New York City and the author of Pleasure. Send your questions to her at askhilda@redbookmag.com.

My husband and I use birth control because we don't want to have more kids. We're not worried about STDs, so what are our other options besides the Pill (I'm not crazy about being on hormones) or condoms (my hubby hates them)?

It's great that you're weighing your options: When you feel confident and comfortable with your contraceptive method, you can better relax and enjoy sex. Luckily, you have many choices.

One often-overlooked option for long-term birth control is the IUD (intrauterine device). There are two types: a T-shaped copper device that you leave in for up to 12 years, and another containing the hormone progestin that lasts for five years. Less-permanent methods like the diaphragm and condom are also effective when used properly. Condoms have gotten a bad rap with men, understandably—the old ones were thick and didn't offer much sensation. But the new thinner versions—like the Inspiral, which has extra latex at the top that massages the head of the penis—provide much more pleasure for men. If guys would open their minds and give condoms a shot—with a dab of lube inside—they might actually enjoy them!

If you are totally sure that you do not want more kids, consider permanent sterilization. (I usually reserve this

suggestion for women 35 or older, because I have seen so many younger women regret their decision.) The traditional procedure, tubal ligation, requires surgery. But a new procedure called Essure, in which a steel coil is placed inside your Fallopian tubes to keep

sperm from entering, can be performed in your doctor's office. Or consider male sterilization, a.k.a. vasectomy. I know what you're thinking: For most guys—my husband included!—the thought of a knife in their most sensitive area is enough to send chills down their spine. But vasectomy is safe, can be performed in the doctor's office, and is more easily reversible than female sterilization.

All that said, birth control pills are still my favorite method for women who don't smoke. (Smokers on the Pill increase their risk of blood clots, heart attack, and stroke.) Low-dose oral contraceptives are totally safe for healthy women to use until menopause—and they even offer some health benefits, like lower risk of ovarian and uterine cancer, and reduced menstrual flow, cramping, and PMS symptoms. To set the record straight, birth control pills have not been shown to significantly increase your risk of breast cancer.

Whatever you decide, remember: It takes two to tango. Your husband is just as responsible for preventing a pregnancy as you are. So talk to him about all of the great options out there (including vasectomy!). R

### Making sense of Pap smears

If you dread your yearly Pap smear, you'll love the newest recommendations from the American College of Obstetri-Suggest going in for them less often; every two years until age Fig. 6 28 Dr. Fish This steam to a 2016 City of the Call of the Wiffel had three consecutive negative Paps, and are not at high risk to a 2016 City of the Call of

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### What I learned about love-from almost losing it

The day Laura Munson's husband threatened to walk out on their 15-year marriage could have been one of the darkest of Laura's life. Instead, the crisis drew out a strength in her she never knew she had. By Lee Woodruff



hen Laura Munson's husband told her one otherwise ordinary summer day that he wasn't sure he loved her anymore, she didn't lash out or fall to pieces. She was shocked and deeply worried, but remarkably, she remained calm. She had a strong feeling that, whatever was going on with him, it actually had little to do with their marriage. And so, after her husband's devastating pronouncement, Laura responded simply, "I don't buy it." And she stayed firmly committed to their relationship, even when she wasn't sure he would be able to do the same.

Laura captured the turmoil of this time in an essay for The New York Times's Modern Love column last August that quickly became one of the paper's most emailed articles. I remember

reading the essay and marveling at Laura's calm, her Gandhi-like reaction, the temerity to be able to stand there smiling when you've been slapped in the face. I would have slapped back. Or would I? I was fascinated.

Laura has since expanded the essay into a

memoir that's being published this month. This Is Not the Story You Think It Is ... A Season of Unlikely Happiness is an exploration of marriage and commitment, of fleeing versus staying put. Laura considers midlife, and crossroads, and how much we are willing to endure when our "for better or worse" relationship starts feeling a whole lot worse.

Reading her memoir was a chance for me to revisit a time when life threw a grenade into my own family's calm nest. In 2006, my husband, Bob, an anchorman for ABC News, was injured covering the Iraq war. He lay in a coma for five weeks, then battled for a year to recover. Although the challenges we faced were different, both Laura and I had to learn the same transformative lesson: how to surrender to things beyond our control.

Laura's instincts eventually proved correct; her husband worked out his crisis and returned home. But Laura also discovered that the truly joyful ending comes from choosing to love and nurture yourself as much as you do your significant other. Here, she shares more of the wisdom she found on her way to that "unlikely happiness."

#### When your husband seemed ready to end your marriage, was there a part of you that wanted to fight back?

I knew that approach wasn't going to get me anywhere. You can't convince somebody they still love you; that has to come from them. My gut told me he was in a personal crisis, and that our marriage wasn't really the issue. But he had to figure that out on his own. So instead of trying to persuade him, I chose to preserve my well-being. I entered a mode of creating. I did a lot of cooking and gardening and, since we live in Montana, a lot of hiking and horseback riding with my kids.

#### How were you able to respond that way? To turn the other cheek?

I'd had my own crisis a few years prior-after my father died and a big publishing deal of mine fell apart. I recognized the state my husband was in and that it stemmed from his unhappiness in his career. It's dangerous when we base our personal happiness on our career success; my husband and I both made that lethal choice at different times. I knew from





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my experience that he needed to find his way on his own. I couldn't fix the problem. I just had to get out of his way. Plus, I loved my husband fiercely. We'd built a life together for 20 years that we were proud of. You don't just break that up unless you really feel it's meant to be.

#### What did "getting out of his way" look like in your daily life?

He needed distance—which is a necessary part of every relationship, but sometimes

we're so scared of it. My question to him was, "How can we give you the space you need without hurting our kids?" I would have loved for him to go on his own personal walkabout, but instead, he did a lot of local fishing and camp-

ing, which were activities that our kids understood and didn't make them feel abandoned. I thought it was important for our children to see that adults go through hard times too but it doesn't have to mean the worst.

#### I had a revelation, once Bob was back at work, that in the end I could really only count on myself. That realization was scary, but ultimately freeing. Was there a moment you felt that?

There's a scene in my book where I had to put on the Fourth of July fireworks display for my kids in my husband's absence. It was something I'd never done before, but I wanted to abide by our family tradition. Setting off those fireworks solo, acting like I'd done it all my life, reminded me of what I've learned in my work with horses: If you and your horse are alone in the woods, you have to deal with whatever comes—mountain lion, grizzly bear, your horse going lame. You have to gather all your strength.

# Reading your book made me want to grab a cup of tea with you and share my own thoughts and fears. Did you have girlfriends with whom you could share the journey?

It's a good question. In many ways, I wrote the book to the reader as if to a dear friend. And I challenge us both not to take sides. I didn't think about things in black/white, us/ them, right/wrong. And it was really important to me not to vilify my husband or play the victum. So I was careful to rely on friends who love him and our relationship.

### Now that you two have made it to the other side, what did you learn from each other and about marriage?

I learned that there really is no such thing as happily ever after. Distance and breakdowns can happen, and they don't have to throw you into a state of panic. I learned that my husband and I are strong people, both together and as individuals. Even in the beginning, we never believed that we completed each other. But as time passes and you create a family, your two lives are melded—if not welded—together. And our union, to me, was a powerful force that was not something to be broken. I kept my belief in that when we went through this difficult time. But I also learned that through crisis, we can grow into our best selves.

#### How did this time change you?

That time in my life taught me a lot about how to trust my instincts and look at what I can control and what I need to let go of. I have found that there is tremendous power in patience. It really does define love, That doesn't mean we don't have standards—I had rules during that time about what I would and wouldn't tolerate. But my gut told me that it was really a time for patience.

#### Do you feel like your marriage is stronger than it was before?

In many ways our marriage is much better, because we've each climbed out of a hard personal time on our own with a patient partner. Marriage is so much about ebb and flow, passing the ball in the good and hard times. We no longer believe we are golden, or that our happiness can be defined by our career success. Our relationship is very real now and very equal. No pedestals to fall from.

#### What advice would you give today to couples getting married?

Be clear about who you are as an individual and aware of your needs within the union. There is a road map of "us," but it's only as good as the road map of "me." R

"I've found that there is tremendous power in patience. It really does define love."



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#### When it comes to love, **Peter Krause**, one of the stars of NBC's new drama *Parenthood*, has realized he's a late bloomer. By Holly Hays

### On Parenthood, your character has an 8-year-old son, the same age as your own son. What's one of the most important things you do as a dad?

You have to accept the fact that when children come along, your time belongs to someone else and that's just the way it works. For a while there, I thought, I'm going to be changing 20 diapers a day for the rest of my life. But then there was the day I was putting some things away in my son's closet and there was this stack of diapers in the corner, just gathering dust.

#### And was that a poignant moment? Or "Yeah! Get these out of here!"

It was definitely the bittersweet feeling of, Look at that. I thought that was going to last forever. It's just over. And now my son makes fun of me. So it all changes.

#### You've been quoted before as not being a huge fan of marriage. How are you feeling about it now?

Well, I'm still not married. But I don't know. I don't know. I might be thinking a little bit differently these days. That's all I'll say.

#### What changed for you?

I think people can change you. I think time and your experiences certainly shape you, but you can come into contact with other people who are ready to accept you.

And if you're ready to really share yourself and are open to allowing other people into your life, it can lead to profound change. I'm a late bloomer.

#### It can take a while to know what you want marriage to be for you.

Yeah. And I just never wanted to make a promise I couldn't keep or one that felt like, Oh, I'm not sure about this, you know? I think if you're gonna get married, you should be a million percent ready to do it.

#### So what's important to do as a romantic partner?

Be open and vulnerable. And help each other take it all lightly. To not treat life like a chore. Life's an adventure, and if you don't treat it like one, it won't be.

#### What's one bit of advice about women that you'd someday like to share with your son?

On this show, I'm also playing the father of a daughter, something I don't have in life. So I've had to deeply imagine what it would be like to have a pretty 15-year-old daughter who's moving into young womanhood. And I guess if I had some advice to give my son, it would be, "Try and treat the girl you're with as you'd want a boy to treat your daughter. That's somebody's daughter there, and someday you might have one. So be respectful, be honest, be sweet. Take care of her." R



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REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. His work has appeared on babble.com and salon.com.

# Confessions from an oversexed husband

Our guy columnist single-handedly dispels the myth of the seven-year itch.

grew up in the age of Al Bundy. I believed that at some point, the allure of sex—especially married sex—would lessen. It would become an afterthought, boring, something to be gotten over with. If I did want sex, it certainly wouldn't be with my wife. After seven years of marriage, I'm supposed to be itching. And yet here I am, seven years in, and I'm itching for more sex with my wife.

Al Bundy was wrong. Nothing has slowed or become boring, at least not for me. I'm operating

at the same level of preparedness I was at age 15. I'm still deeply attracted to my wife. The fact that I've seen her through a pretty gross bout of food poisoning—not to mention the eyeful I got when I looked overthe curtain during her second C-section—and she still arouses me is a testament to the power of her charms.

However, after having two babies, working a full-time job, and co-managing our house (she has an inexplicable unwillingness to relinquish more than 50 percent of the housework to me), my wife is not as excited as I am to express our love physically. It's

not like our sex life is lacking—she's perfectly happy to take a tumble a few nights a week. It's just that I don't have an off switch. It's like when I'm at John's Roast Pork, my favorite sandwich shop in Philly. I figure, since I'm already there, why stop at just one? Living with my wife is like living at John's Roast Pork. But my wife's attitude toward sex can best be described as, "Why overstuff yourself?"

That's probably not the best analogy I've ever come up with.

Whether we had sex an hour ago or three days ago, whether the kids are in the other room playing or they're asleep in their beds, whether she looks interested or not, I am constantly making it clear to my wife that I'm available. I have four very specific ways of doing this. All—except one—usually end up with me scoring:

Request and deny I find the absolute most inappropriate time to ask for sex and then I immediately deny that I just asked for it. For instance, my wife is getting frustrated, breaking in a new breast pump that looks more like something that belongs in a barn than in our house. However, my fancy has somehow been tickled, and I decide that now would be a good time to suggest a romp in the unfolded pile of laundry on the floor. She looks at me incredulously and says with venom, "Are you serious?! What

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the [bleep] is wrong with you?" At which point I respond, "What? I didn't mean... I meant, uh, you must've misheard me." And then I run away.

Request and deny works only when she finds my request bizarre enough to be amusing. For instance: My wife was 41 weeks pregnant. I happened to walk by her while she was trying to locate her pant leg. Her futile quest was strangely arousing, and I began staring at her hungrily. I was more worried about her water breaking from her laughing too hard than its breaking because of the sex.

2 Guilt I try to guilt her into having sex with me. It generally backfires. I usually guilt her for the length of time between sexual encounters. What follows is not an uncommon exchange:

ME: "Do you know how long it's been since we've had sex? Two weeks! Are we one of those couples that has sex once a month now?"

HER: "Remember on Monday when you got in the shower with me?" I suddenly remember. "So if we had shower sex on Monday, and today is Wednesday, that means it's been two days."

ME: "What? I didn't mean... I meant, uh, you must've misheard me." And then I run away.

Guilt only works when she takes pity on my poor grasp of time, which isn't often.

**3 Depression** This is just an offshoot of guilt. I silently mope around the house sighing deeply until she gives it up. Shockingly, this never works. I really don't know why I keep doing it.

4 Bargaining This is my wife's favorite of my seduction tricks; it almost always works. Basically, out of desperation, I offer to do anything in order to get laid. The biggest drawback is that it works only if I have something of value to barter (which is rare). For instance: "I promise to turn the soil in the vegetable garden as soon as we're done," or "If I lose 15 pounds, can we make a tape?"

Why am I so persistent? Let's say I bring up sex 18 times a week. If a third of those requests are simply ignored, and a third result in her getting annoyed by my irritating persistence, but I manage to get her to cave and agree to the final third, that still makes six sexual encounters a week. Not too shabby. Still, I can't help finding the other 12 rejections frustrating. Our lifestyles are very different. I'm a stay-at-home dad, a writer, and a husband, and all of those parts of my life coexist with a certain amount of ease. I live

my life moment to moment in a fluid fashion. I have no problem transitioning from dad to writer to "man with needs" on a dime. My wife, on the other hand, commits to her roles in a way I don't understand. Perhaps it's because her life is more demarcated, and each of her roles feels like it comes with a ticking clock. When she wakes up, she is a woman doing Pilates. When she's at work, she's a breadwinner. And when she gets home, she is completely in the moment of being a mom, because she hasn't had that opportunity for 85 percent of the day and she feels guilty about the remaining 15 percent being too little, too late. She gives 100 percent of herself to her responsibilities, so I know it's asking a lot to expect her to muster an extra 10 percent just to satisfy my needs.

I understand why she gets irritated that I look

at her like she's a pork sandwich. I should be more sensitive.

But here's the thing: We need sex. All loving, long-lasting relationships need a physical component; otherwise things fall apart. It would Nothing has become boring-at least not for me. I'm still deeply attracted to my wife

be so easy for my wife to get lost in all the responsibilities she's dealing with. It would be easy for me to not make sex an issue, to respect her need for rest. But I don't think that would be good for either of us. If I didn't make it an issue, sex would be lost. I like to think that my rampant enthusiasm toward sex makes sex a priority.

As our lives change, I believe it will get easier for us to focus on what we both want out of our physical relationship. But for now, I feel like I have to take the lead. Having two kids under the age of 4 is not conducive to an active sex life—and yet we're still fitting it in. Sex is a priority, sex is a necessity, sex makes for good exercise while we express our love for each other. If I'm responsible for reminding my wife of those facts, so be it; I'm up to the task no matter how foolish I look. Ultimately, I know I'm not a fool for sex. I'm a fool for love—and sex. R

#### What do you want to know about men?

If you're looking to figure out your guy's mysterious or perplexing behavior, our columnist Aaron will try to explain the crazy things men do (but he makes no promises!) Email your questions to him at redbook@ hearst.com (subject: Whys Guy). Be sure to include your name, city, state, and email address.



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#### The biggest things holding most women back from having a great sex lite are...

Not taking initiative to get the pleasure they want, and worrying about how they look during sex.

#### The best three sex tips from our new book are...

1 Communication opens all the doors. 2. Always have lube on hand, because good sex is slippery! 3. Sexual pleasure is a joy and a right and not to be ashamed of.

#### Women can achieve better orgasms by...

Learning to masturbate and give themselves pleasure, which makes it easier to have better partner sex. No, not that kind of pro! Rachel Venning and Claire Cavanah, the owners of adult toy store Babeland and the authors of Moregasm: Babeland's Guide to Mind-Blowing Sex, have made it their mission to help women have great sex. Here, Rachel shares their top tips. By Lindsey Palmer

Claire and I believe that any healthy change you make for yourself requires making a commitment, so set aside the time to explore yourself and have some fun. Experiment with a vibrator that delivers clitoral stimulation, and then try a G-spot toy, which stimulates the little bundle of nerves inside the vagina.

#### Women can achieve better orgasms with their partners by...

Talking to them! Instead of waiting for him to give you what you want, say, "I really like it when you touch me like this" to emphasize the positive. And while quick sex is great sometimes, other times you should spend a long time building up arousal. Get each other going with foreplay, pull back a little, then return to building up arousal. You can achieve a more powerful orgasm this way.



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#### The most orgasmic sex position for women is...

Woman-on-top is great because you're in control and have choices: You can grind yourself against his pubic bone for stimulation, you can reach down and stimulate yourself, or you can guide his hand to stimulate you. You can also control the penetration to a depth that feels best, and you can switch it up by spinning around to face the other way into reverse cowgirl.



#### The one-step secret to hotter sex is...

To breathe, which sounds so simple but is effective. For a lot of women, when arousal builds, they instinctively hold their breath or breathe shallowly and clench their muscles. But if you take deep breaths, it increases the flow of oxygen in the blood and can push you over the edge to climax or bring your orgasm to a higher level.

#### A great tip we've learned from sexually confident women is...

Don't be shy about asking for what you want, and don't wait for someone else to make it happen.

## A crazy-sounding question (that's actually not so crazy) that customers ask us all the time is...

"Do women hke vibrators?" Some women who've never tried a sex toy are skeptical because they think sex should be natural and that couples should be able to have perfect sex without bringing something "extra" into bed. Back in the day, sex toys were called "marital aides," implying that if you used one, you had a dysfunction. We reassure customers that yes, women do like vibrators, and no one should be ashamed of using one.

#### The best vibrator for women to get the most out of their sex lives is...

The Gigi vibe, which is the most popular one at the store right now! It's small and very pretty, and it can be used for clitoral stimulation or penetration, alone or with a partner. To enhance couple play, we love the Sonic Ring toy and the We-Vibe for couples.

#### The number-one question we're asked by Babeland customers is...

"What is the best vibrator for a first-time user?" Claire

truths from the Babeland Bill of Rights:

You are sexy—the whole of you, inside and out. Sex has a bigger zip code than the crotch zone. Use your entire body for good sex. Use your arms and knees and teeth. Stimulate your partner's scalp and thighs and earlobes. Incorporate all five senses into sex. And think; your brain is the biggest sex organ you've got! Bring your head, your heart, your willingness, and desire for connection.

Enjoy the journey. Orgasms are great. We love them and wish you the best of them. However, the big O is not the whole point. The journey matters as much as the destination. You'll be missing the scenery if you are pumping away, gritting your teeth, and chanting, "I think I can."



"gives" you an orgasm. Develop the skills and knowledge to make yourself come. Then bring that knowledge to the bedroom to share it with another person. If you're still pre-orgasmic, just remember that you have a lifetime to work it out, so keep the self-love flowing.

and I recommend the Hitachi Magic Wand because it provides strong, reliable vibrations, which is great for women who need a lot of stimulation to reach orgasm.

#### The most gratifying part of our jobs is...

Helping people have better sex, which is such a big factor in people's happiness. We're not making world peace, but our jobs are still super-important. R

#### Free tools for a hotter sex life!

5 readers will each win the Moregasm Kit, which includes Moregasm, the Rabbit Habit, the Orchid G, the Laya Spot, the Fukuoku 9000 Finger Vibe, the Sonic Ring Kit, the Little Flirt, Babelicious, Babeland's Organics Naked Lubricant, Body Massage Candle, and condoms. Value of set, \$250. Enter at redbookmag .com/winit. See page 225 for details.



#### what you want - spring solutions



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Europe's best-selling hair removal system is now available in the U.S. Smooth Away safely removes unwanted hair instantly and paintessly with gentle microcrystals that turn hair into dust. No nicks, no cuts, just perfectly smooth, exfolated soft skin. Available Bed Bath & Beyond, Walmart, CVS. Walgreens, Saily Beauty, Rite Aid, Target, Dollar General or Getsmoothaway.com



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stains on our teeth. TOPOL® Plus toothpaste has a unique polishing system that effectively removes stains, plus a plaque-fighting ingredient that helps keep stains from coming back. Call 1-800-820-8717 for the nearest retailer or visit nicenebrands.com



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## Are they really just friends?

"For nearly 10 years, I have dealt with this woman calling my husband almost daily. I've had to block her number from being dialed from our home!"

My husband met a woman at work, and they've been friends for nine years now. In the beginning of their friendship, I would sometimes come home from work to find her and other people at my house, or my husband would go out with her and others without inviting me to come

along too. For almost 10 years, I have dealt with this woman calling almost daily and have had to block her number from being received at or dialed from my home. I am pretty disgusted with the whole issue, and my demands for my husband to stop calling her are causing a real sore spot in my marriage. He has told me repeatedly that if he wanted to be with

her, he would have left me a long time ago, before we had our three children. Could they really just be friends? —A.G., 33, Williamsburg, VA

Friends or not, it's time for you and your husband to find a marriage counselor. The nature of his attachment to this "friend" doesn't matter. What's more important is why he refuses to put you and your wishes before his connection to some woman at work. This is a serious problem and your husband needs to start taking it seriously. Clearly, he's not interested in severing ties with her. So stop demanding that he do it (as you've already discovered, you can't force him) and instead, tell him that you want to seek counseling together. I suggest this because the two of you seem to have reached a stalemate. Essentially, you're telling your husband that you don't like the situation, and he's telling you that you're just going to have to live with it. No marriage can flourish under these circumstances.

If he refuses to see a counselor with you, then you should still go on your own. Having someone in your corner who can help you better understand whether or not you can continue to live like this will be invaluable.



## How can I find happiness on my own?

I've been divorced now for two years; before that, I was married for 20 years to an alcoholic. I have two teenage children (whose lives revolve around their friends), and I have a good network of friends and family, but it's just not enough. I've been told that I need to be happy on my own before I can get into a relationship, but I have a hard time with that concept, because what I really want is to be part of a couple. I want to have a real connection with someone, which is something I didn't have in my marriage. What do you think? Do I really have to focus on finding happiness by myself before I can look for a serious relationship? —P.Q., 45, West Islip, NY

The question is somewhat beside the point: If the answer is "No," then what? Will Mr. Right instantly appear on your doorstep, eager to be part of a loving couple? Of course not. The point of learning to be happy on your own isn't to try to change your essential nature—you crave

being part of a couple, nothing wrong with that—but to help you enjoy your life now. For as I'm sure you know, there are no dress rehearsals in life, we only go around once, etc.

What are you going to do to feel good about yourself and your life until you find a new mate? I agree: Your network of family and friends probably isn't enough to satisfy your impulse for connection. You need to generate some meaningful relationships that are all your own while you're waiting for Match.com to work its magic. Consider doing some volunteer work, preferably with kids. Literacy programs are always looking for people, as are afterschool enrichment programs. Or, if you're more the sport-o type, see about coaching a team. I recommend working with children because, frankly, they're hugely entertaining and will also suck the life right out of you. (At the end of the day, trust me, you'll be tired and will welcome your solitude.) The kids will also challenge you, and if you get involved with the right program, they'll really need you, your wisdom, your energy, and your good nature. No, this isn't a substitute for a romantic relationship, but it will involve you more fully in your own life. R



Karen Karbo is an award-winning writer and the author of The Gospel According to Coco Chanel. Life Lessons From the World's Most Elegant Woman. She's also a mom, a teacher, and a horse owner. For more advice, go to redbookmag .com/karenkarbo.



## **SexLifeRoadTest**

We asked two brave couples to check out the **Erotic Massage** Deck: 50 Sensual Techniques to Get You in the Mood and see if it strengthened their love bond. Did trying these steamy massages send the flames of passion soaring? Read to find out.



Free sex ness! 50 readers will each win an Erotic Massage Deck courtesy of Chronicle Books. Value of each, \$15. Enter at redbookmag.com /win t See page 225 for details.

## "My favorite part was when I used my body to massage his."

She says: I know how much my husband loves massages, and I love to give them, so I was excited to open the Erotic Massage Deck Tread the cards ahead of time, then went freestyle on my man, incorporating lots of the moves. He lay turning down on a towel, and I used baby oil to knead the muscles in his shoulders and back—I felt encouraged by his mmms and ohhhs. I interspersed lots of little kisses and tons of tush-rubbing. My favorite part was when I used my breasts to massage his back and create sexy friction. But I wish the cards had then recommended turning my hubby over and getting down to business, instead, they told us to add props such as a blindfold and a feather, and move on to massaging the arms and scalp. At that point my husband became so relaxed and sleepy that, well... garne over it was a nice bonding experience, but not great for our sex life—I wanted to have sex!

He says: I'm spoiled-my wife rubs my neck almost every night. This time, I loved that she got deeper into the massage and took her time. For a while I was feeling frisky, but the longer it went on, the less I was thinking about sex and the more I was thinking about sleep. So sue me. Passion rating: ANA Warm and fuzzy

Couple

## "Stroking the ears' was relaxing to a fault—we wanted to go to sleep after!"

She says: My boyfriend and I tried out several of the massage cards Some were pretty straightforward, such as "massage inner thighs" and "massage belly." Others were less obvious. "Stroking the ears" required us to run our fingers over, around, and under the ears, and it was relaxing, but almost to a fault—we just wanted to go to sleep afterward! "Mouth music" was similar—it sounded good, but really it was just a soft massage of the lips, cheek, and forehead that led to snoring. My favorite was "delighting the face," which involved kissing all over my boyfriend's face. Our experience overall was simply too relaxing—the cards' suggestions were quite effective at putting us to sleep I wouldn't do this again, as it was kind of boring compared with my usual sex life, but it might be a good idea for one of those "I have

He says: The cards were a mood killer, plain

Passion rating:

Wanna spice up your love life?

To find dozens more dishy, tell-all Sex Life Road Test reviews, log on to redbookmag.com/slrt.

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## "Thank you Medifast for helping me find Dassion again!"

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"Since being on the Medifast Program, my energy, endurance, and even my skin have all improved. The Medifast Meals are easy to prepare, convenient, and portable.

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"Finding Medifast has meant freedom: freedom to live the life I was meant to live, and being able to be the best person I can be. Life is amazing when you have the passion to live it!"

Cheryl Lee lost 48 lbs!<sup>†</sup>

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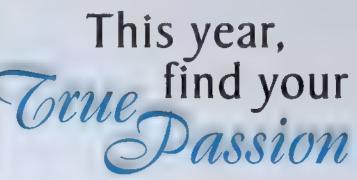
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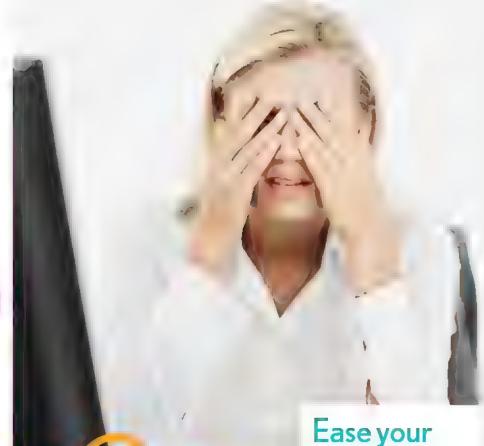
## Body & Mind

## Nip allergies in the bud

Can't stop sneezing? Head to pollerizoni and take the Rhinnis Impact Survey. Print the results to show your doctor so he can suggest the best treatment—and use your symptoms rating from mild to

severe, to validate how

crummy you feel.



be healthier this month

## Stop the war on germs

You've heard that antibacterial soaps can kill "good" bacteria Now, the group Women's Voices for the Earth reports that they have other consas do many household cleaners. Antibacterials may contain chemicals that can cause hormone imbalances, and bleach products can irritate skin. and eyes. "Water and a mild soap or dish liquid can clean most surfaces," says Ann Blake, Ph.D., an environmental consultant in Alameda, CA. Do disinfect germy spots like toilet handles and door knobs; try vinegar or hydrogen peroxide

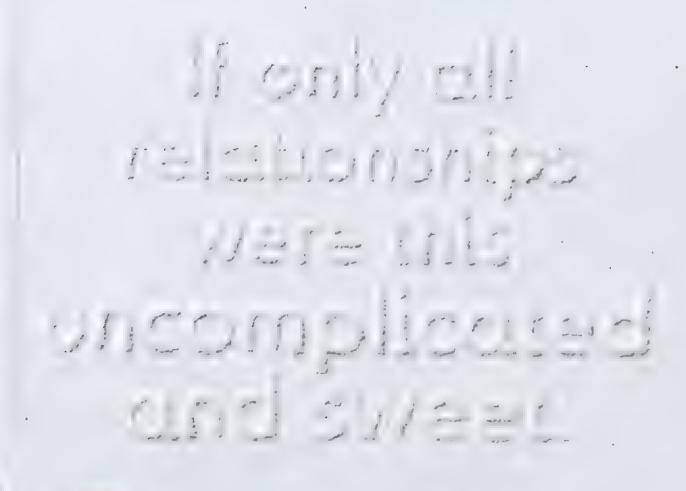
## eye strain

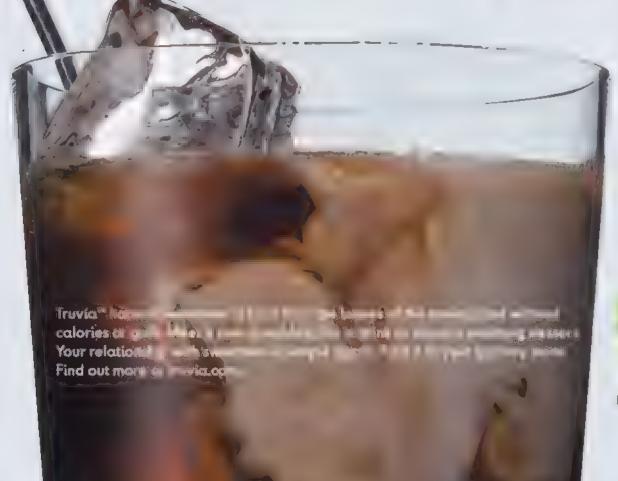
Text addicts, beware. Computer Vision Syndrome (CVS)-marked by headaches, blurred vision, and focusing problemscan strike anyone who spends two or more straight hours per day in front of a screen, from TVs and computers to cell phones and Kindles. That's because our eyes are designed to view 3-D objects, not flat images, says Andrea Thau of the American Optometric Association, Avoid CVS by following the 20-20-20 rule: Every 20 minutes, rest your eyes by looking at something 20 feet away for 20 seconds.

### Sit back and relax

Ninety-four percent of doctors agree that sitting at home in a reclining position reduces stress. Granted, this survey was brought to you by La-Z-Boybut we'll take any excuse to put our feet up!

2 readers will win a \$600 gift certificate for a La Z Boy recliner of their own! Enter at redbook.com/winit. See page 225 for details.









# Spritz away stress

#### Relax & renew

Some scents really transport you-away from tension, at least. According to a Journal of Agricultural and Food Chemistry study, the compound linaloolreleased in the aroma of some fruits and plants, such as citrus, mango, and lavender-can immediately repress stress-induced changes in your blood chemistry, making you feel calmer. Try one of these scented facial sprays to ease tension, fast: Etemis Balancing Lavender Toner, \$35: Jurlique Purifying Mist in Citrus and Hydrating Mist in Lavender, \$21 each; The Body Shop Vitamin C Energizing Face Spritz, \$18; and Lavera Solution Facial Mist, \$29

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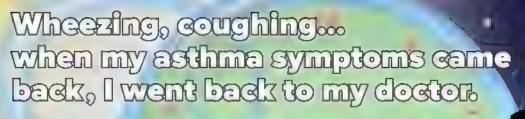
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We chose SYMBICORT to help.

SYMBICORT starts to improve my lung function within 15 minutes.\* importantly, SYMBICORT will not replace a rescue inhaler for sudden symptoms.

The two medicines in SYMBICORT help treat my symptoms and help me take control of my asthma.

Ask your doctor if SYMBICORT is right for you.

\*Your results may vary.



#### IMPORTANT INFORMATION ABOUT SYMBICORT

#### Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta<sub>2</sub>-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA.

SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day. If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measies. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

#### Approved Uses for SYMBICORT for Asthma

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

## For more information, go to MySymbicort.com or call 1-888-777-4350.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com.





### IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

#### WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

in patients with asthma, long-acting beta, -agonist (LABA) medicines, such as formateral (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicate died from astivina problems, compared with patients who did not use that JABA medicine. Falk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT

SYMBICORY does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta, agonist medicine) with you. If you do not have this type of inhaer, talk with your health lawe professional to have one prescribed for you

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORY unless your health care professional tells you to stop because your symptoms, raight get worse

#### WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day every day over iong periods of time to control asthma and chronic obstructive duimonary disease (COPD)

#### Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

#### Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis. emphysema, or both SYMBICORT 160/4 5 mog is used every day two times each day to help improve lung function for better breathing in adults

SYMBICORT contains two medicines.

- Budesonide (the same medicine found in PULMICORT PLEXHALER)\* [budesonide inhalation powder]), an inhaled corticosteroid medicine. or ICS ICS medicines help to decrease information in the lungs. inflammation in the kings can lead to asthma symptoms
- Formoterol (the same medicine found in Foradii<sup>4</sup> Aerolizer<sup>4</sup>) is a long-acting beta, agonist medicine, or LABA. LABA medicines are used in patients with COPD and astrima, LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, suct, as wheezing and shortness of breath. These symptoms can happen when the muscles in the anways tighten. This makes it hard to breathe which in severe cases, can cause breathing to stop completely if not treated right away

#### WHO SHOULD NOT TAKE SYMBICORTY

You should not take SYMBICORT if your health care professional decides that your asthma or COPO is well controlled using another medicine, or you only use a last lacting inhaler once at a while

Do not use SYMBICORT to treat sudden severe symptoms of astrima or COPD or if you are allergic to any of the ingredients in SYMBICORT

#### WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORTY

Tell your health care professional about all of your health conditions, including it you

- have heart problems
- have high blood pressure
- have secures
- have thyroid problems
- have diabetes
- have liver problems
- Itave osteoporosis
- have an immune system problem
- are allergic to any medications
- · are exposed to chicken pox or measles
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your mak and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT

Tell your health care professional about ALL the medicines you are talong including all your prescription and nonprescription mediones. vilamins, and herbal supplements

SYMBICORT and certain other medicines may interact with each other and can cause senous side effects. Be sure to keep track of Aut, the medication you take You might want to make a list and show if to your health care professional including your pharmacist, each time you get any new medicine just to be sure there are no potential drug interactions.

#### HOW DO LUSE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT ask your health care professional SYMBICORT should be taken twice (2 pulls each time) every day as prescribed by your health care professional

SYMBICORT comes in two strengths for asthma, 80-4.5 mcg and 160/4 5 mag. Your health care professional will prescribe the strength that is best for your SYMBICORT 160/4 5 mag is the approved dosage

- Make sure that you mise your mouth with water after each dose five puffs) of SYMBICORT without swallowing and solf
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get. SYMBICORT in your eyes, mise your eyes with water if recress or imtation persists, call your health care professional
- Always have a fast-acting inhaler with your use it if you have. breathing problems between doses of SYMBICORT

#### Seek emergency medical care if

- your breathing problems worsen quickly and your fast acting. inhaler does not relieve your breathing problems
- you expenence any symptoms of a senous allergic reaction to SYMBICORT such as a rash hives, swelling of the face mouth, or tongue or breathing problems

#### Contact your health care professional if

- · you need to use your fast acting inhaler more often than usual
- your tast-acting inhaler does not work as well for you at relieving symptoms.
- you need to use four or more inhalations of your fast acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks.
- your peak flow meter results decrease your health care professional will tell you the numbers that are right for you.
- your asthma symptoms do not improve after using SYMBICORT. redutarly for 1 week
- you have COPD and notice any symptoms such as increase in mucus. or change in mucus color fever chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another tuno infection.

#### WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT do not use other medicines that contain a long acting beta lagonist (LABA) for any reason, such as

- Serevent<sup>®</sup> Diskus<sup>®</sup> (semeterol xonatoate inhalation powder)
- Advair Diskus<sup>®</sup> or Arivair<sup>®</sup> HFA fluttorsone propionate and salmeterof
- Formeterol-containing products such as Foradil<sup>®</sup> Aerolizer<sup>®</sup> Brovana<sup>®</sup> or Perforamist 6

#### WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- increased risk of noeumonia divor, have COPD
- · Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered white using SYMBICORT
- Osteoporosis: People at risk for increased bone loss may have a greater risk with SYMBICORT
- · Slowed growth in children. As a result, growth should be carefully monitored.
- · Immune system effects and a higher chance for infections.
- Cardiovascular and central nervous system effects of LABAs, such as chest pain increased blood pressure, fast or irregular heartbeat, tremor. OF PROVOUSORSS

#### WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma Oral thrush

- Headache Sore throat
- Joper resonatory tract infection.

#### Patients with COPD

Oral thrush

Long-acting beta, -accords may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

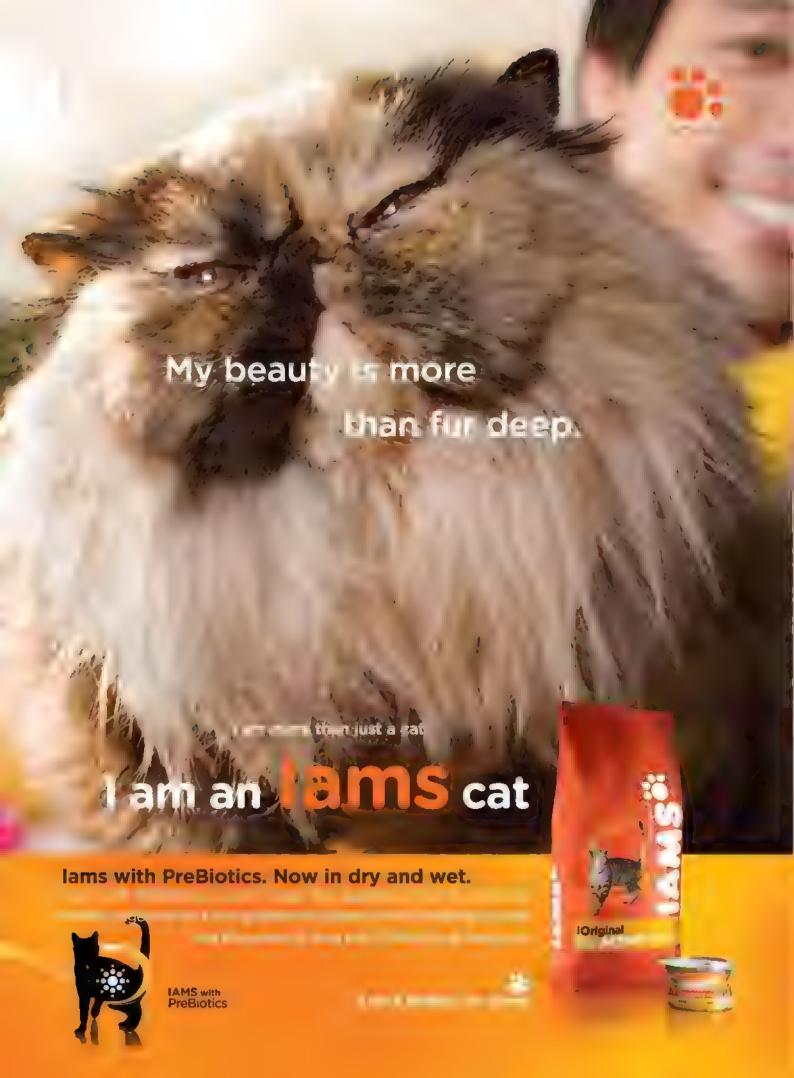
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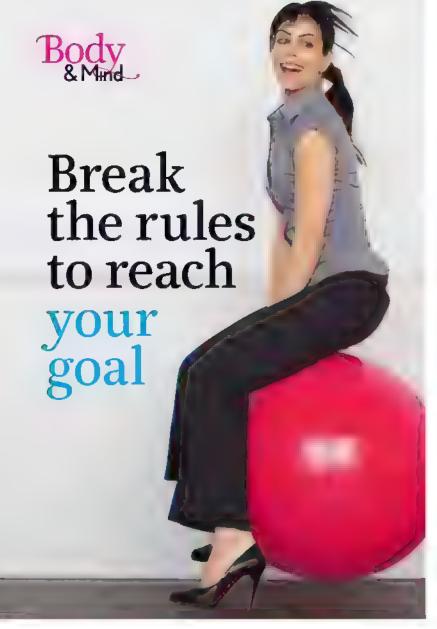
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Coming up with a goal you want to accomplish is easy—reaching it is the hard part. Here, Lisa Oz, cohost of The Dr. Oz Show and the author of Us, shares the four steps that will lead you in the direction of your dreams.

> Look at the small picture. Instead of making a sweeping resolution, identify several tiny and manageable goals that you can accomplish right away. For example, if you want to become more active, write down the steps you'll take to make that happen (do plank pose for 45 seconds in the morning, take at least a 20-minute walk on your lunch break, research a strength circuit) and place the paper someplace where you'll see it every day. This visual reminder keeps you focused on the simple step at hand. "As you achieve these small goals, you'll gain a sense of accomplishment, as well as the realization that you can do what you set out to do," Oz says.

#### Shed light on your weak spots.

"Before you can improve on a negative behavior, you need to acknowledge the ways it may have served you in the past," Oz explains. Want to become better at standing up for yourself? Instead of berating yourself the next time you agree with an idea you don't like, think of the motivation behind your decision. Did it smooth over a rocky friendship? Reflecting on the reasons behind your behavior will help you see your actions as a series of choices, rather than as knee-jerk habits that you're powerless to change.

>> Start with easy actions. A mile-long to-do list can make even the most soul-enriching goal seem onerous. The best way to get motivated? Focus first on the aspects of the goal you love, even if they seem elementary. "The key is to get to a state of mind where everything feels effortless and enjoyable," Oz says. "Once you're in that state, it will be much easier to segue into a more challenging task." For example, if you want to train for a marathon, use a training day for a leisurely loop around your favorite park. Want to write a novel? A half hour writing a dialogue-filled email to your sister may be just what you need to remember the joy that comes from putting a story down on paper.

Lose your focus. Shaking up your routine in ways totally unrelated to your goal can train your brain to enjoy and respond to challenges, says Oz, who recommends trying a religious service you've never been to before, or an activity-like singing karaoke-that terrifies you. "Not only does this exercise make you more aware, more conscious, and more alive," Oz explains, "but by getting out of your comfort zone, you also gain confidence that you're capable of more than you thought you were, which is a mind-set that can be applied to achieving any goal."





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#### The scholar

A religion editor at Newsweek magazine, Lisa Miller knew that 80 percent of

Americans believed in heaven—and she collects the stories behind the statistic in the aptly titled Heaven.



#### The traveler

Stephanie Saldaña, a scholar who'd lived all over the world, won a Fulbright fellowship

to study the role of Jesus in Islamand saw the perfect opportunity to flee the aftermath of a devastating breakup. The Bread of Angels is the account of her journey



#### The everyday seeker

Best-selling writer Dani Shapiro had grown up in an Orthodox Jewish

home-but still had no idea how to explain religion and faith to her young son. Devotion chronicles her exploration of what religion means to her

#### The journey

Miller pored over religious texts. conducted interviews, and sat through countless "a priest, a rabbi, and a minister arrive at the pearly gates" jokes to create a comprehensive overview of what we think of when we hear the word heaven.

Saldaña thought immersing herself in religious texts halfway around the world was the perfect way to distract herself from a broken heart. In history-rich (and war-torn) Syria, her research took a personal turn as she struggled with her own ideas of faith, briefly contemplated becoming a nun, and finally accepted that grace may lie in not finding all the answers.

Shapiro consulted yogis, rabbis. and Buddhists, attended yoga classes and meditation retreats. then finally turned inward to sift through her own memories, stories. and personal experience to weave together a deeply personal web of traditions, rituals, and stories she could believe in

#### Moment of truth

"It may be naive to say this, but 'God' is the word I use to describe what is miraculous about this life. the aspect that is awesome and defies rational explanation. Water equals two hydrogen molecules plus one oxygen molecule, yes But... you can drink it!"

"And then I began to speak aloud, to the sky. I speak about all the people in my life, my family, my great loves, everyone I have ever kissed.... I don't know to whom I'm speaking, but I feel someone listening. It must be God. It can be no one else."

"A speeding car, a slip on the ice, a ringing phone, and suddenly everything changes forever. To deny that is to deny life-but to be consumed by it is also to deny life."

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After her collision, Peg couldn't even approach an intersection without fear.

I'm up here in New Hampshire on a working weekday not for mere thrills. This hot lap (as road fiends call it) is the final flourish of an intensive one-day "vehicle control class" at the Tim O'Neil Rally School. And I'm hoping it will help me leave behind the memory of an accident that has held me in its sickening grip for months: On a slushy November morning, I skidded through a stop sign while rushing to a yoga class (irony noted) and was T-boned by a telephone truck. My car 360'd across an intersection fringed with schoolchildren and stopped dead against a line of used cars in a dealer's lot. I realized the seriousness of the crash only when I felt the car door crumpled up against my leg and looked up to see a crowd peering at me through a kaleidoscope of shattered glass.

By some grace of God, no bystanders were hurt and I staggered away with only a mild concussion. But the psychic wounds tormented me for months. The sight of my ruined vehicle at the salvage yard made me retch with terror and shame. I felt unqualified to drive my kids around, especially in the rented replacement car that seemed to advertise my huge foul-up.

And then there were all the "what if" nightmares: What if just one of those schoolchildren had stepped foot in the crosswalk? What if my 8-yearold, Noah, had been sitting in his usual seat behind me, precisely where the telephone truck struck? The thought of hurting myself was somehow bearable. The idea of wounding or killing someone else—in that accident or sometime in the future—was paralyzing.

I considered therapy. But would months on the couch really get me back in the driver's seat? What I needed was to enter the belly of the beast and face my panic head-on. And when I heard about vehicle-control classes, I thought that a pedal-to-the-metal program might just drive the fear out of me.

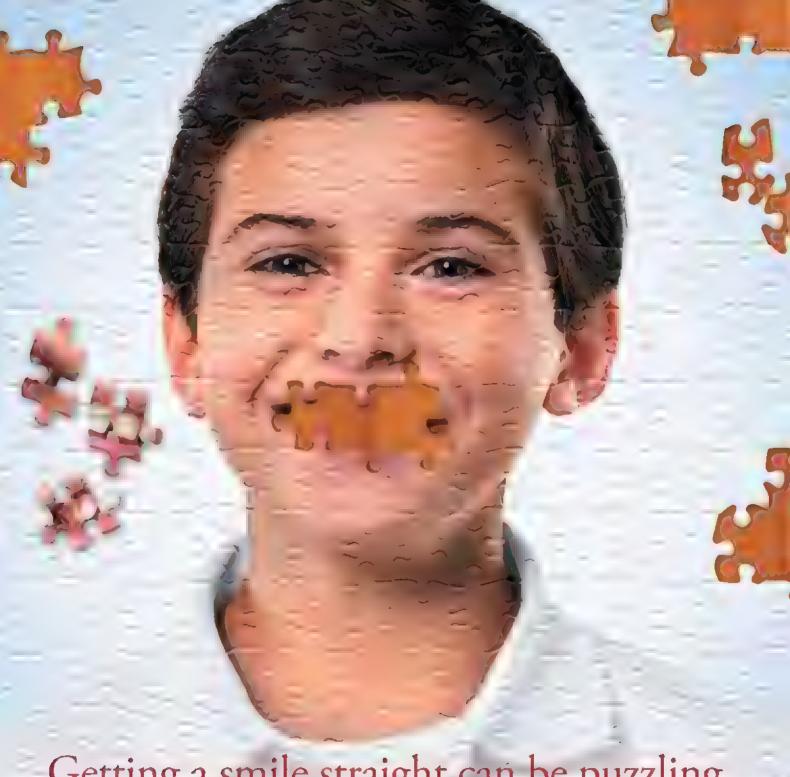
My instincts were spot-on. The time I spent behind the wheel was empowering. I learned to steer my way through dizzying spins. I hurtled a car at high speed and practiced stopping it safely. But what really hit home was a basic fact about car crashes that an instructor shared with me during a coffee break: He explained that in a moment of terror and surprise, we instinctively lock our eyes on whatever it is-be it a deer, another car, or a pole-that's horrifying us. And it's a basic principle of driving mechanics that time after time,

## I put my car crash behind me

When Peg Rosen went to driving school after a terrifying accident, she reclaimed control of the wheel-and her life.

> am standing on a dusty stretch of road in the New Hampshire boonies when a tricked-out Subaru roars out from the woods and screeches to a halt right in front of me. I climb into the car and let its exceedingly attractive driver take me—a suburban mom whose idea of risk is throwing an extra egg yolk into her brownie batter-for one hell of a ride. I scream louder than I have screamed in years. I yell the driver's name and I grip the door handles. I tumble from the car when it's all over, my cheeks flushed, my pulse racing, my gut in a tangle.





## Getting a smile straight can be puzzling.

When it comes to putting together a straight smile for your child, an orthodontist completes the picture. Only orthodontists receive an extra 2-3 years of specialized education beyond dental school to learn the proper way to align and straighten teeth. Get your child's smile right. Find an orthodontist near you at braces.org, or ask your dentist for a referral.

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our hands will steer the wheel toward whatever our eyes are fixed on. That's why drivers forever go crashing into skinny telephone poles, even though there's usually plenty of open space on either side of them.

When I heard those words, my jaw fell open.

I realized that if I focused on my fear, I would have or cause another crash; if that image continued to monopolize my thoughts, I would probably drive myself there, literally. And I realized that the same concept applied to so much of my life beyond the road. I thought about the things I fear and dread. The time I spend worrying about what will happen if my husband or I lose our jobs. Or if I will get breast cancer like my sister and my mom. How will everyone survive in a world destroyed by global warming? Heck, am I going to overcook the chicken again this Sunday? What is it in human nature that makes us train our eyes on the narrow pole—the exact thing we so desperately want to avoid? With those negative roadblocks locked in our sight path, it's no wonder we fail to really see our alternatives.

On the track in New Hampshire, we were taught to look away from the obstacles in the road in front of us and toward where we want to be—a soft shoulder, an open lane. I eventually managed to switch my gaze, and wouldn't you know,

What is it in human nature that makes us focus on the exact thing we want to avoid?

my hands steered the wheel to a better place. Out on the real road of life, things aren't so simple, of course. If I stop fixating on breast cancer and focus on being the fit, healthy person I want to be, will I automatically avoid the same fate as my sister? No. But

every time I hit the gym or opt for a nutritious meal instead of a junky one, I must be doing something better for my health than staying up at night fretting. Bringing my own reusable shopping bags to the supermarket may seem like a laughably small step in the war against global warming, but even one positive action takes me closer to the verdant world I imagine for my children. And maybe, if I can visualize the juicy bird I want to get on the table instead of the singed one that chewed like cardboard, I'll do something revolutionary—like use a timer—so I'll take it out in time.

As I forged through my day at driving school, I started to enjoy looking for that open spot. With each exercise, I accelerated more aggressively toward it, confident that my hands would get me there.

A smile blossoms on my face when I think of that day. I realized for the first time then, and continue to see, that while I may not always be able to steer myself to exactly where I want to be, driving in the right direction is what truly counts. R



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## Body & Mind

# Do you know how to (really) relax?

There's a right and a wrong way to decompress. Ali Domar explains the healthiest way to take time for you.



Alice Domar, Ph.D., is the executive director of the Domar Center for Mind/Body Health, an expert for BeWell.com, and the author of six books, including her newest, coauthored with Susan Love, M.D., Live a Little.

ne of my patients once told me that after the birth of her first child, her husband wanted to give her a break, so he took the baby with him and

a break, so he took the baby with him and left to run some errands. When he came home, instead of finding his wife napping, he came upon her folding laundry, with a stack of neatly written thank-you notes for baby gifts sitting behind her. When he asked why she hadn't used the time to rest, she said she felt too guilty to goof off when so much needed to be done. Did she make the right decision? *Absolutely*.

My assessment might surprise you. After all, when it comes to taking care of ourselves, we're always told to schedule downtime. It's as if there's something "wrong" with us if we don't use those free moments to go on a relaxation spree. We may even feel guilty if we "waste" that time by using it to get things done. But the fact is, when you want to use

your free time to unwind, it's not what you do with the time that matters, but how you feel while doing it.

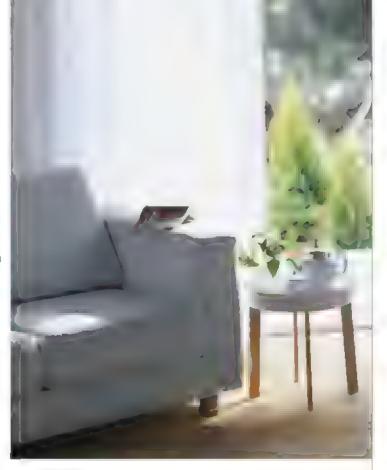
Pretty

Healthy

BY ALICE DOMAR

#### Discover your own de-stressers

The key, then, is to zero in on what soothes you. Let's imagine that the universe has suddenly presented you with an hour of free time, which you can use to either (a) pay bills and balance your checkbook, or (b) plop on the couch with a book. Quick: Does the thought of diving into one of the above leave you feeling more content than the other? Does one leave you feeling more stressed? The point is to figure out what you need from your precious free minutes, which can change from day to day. So askyourself if you feel like moving or being sedentary, if you want to be alone or with others, and if you want to accomplish something or simply relax.



And don't stop there. Sometimes we're so busy that we don't realize how badly we need to decompress. So ask yourself: Do I know when I'm overstressed? (Maybe you become, say, irritable or unfocused.) Then ask: Do I know how to get back into a good place, whether that means jogging or playing Scrabble? Observe your behavior and try different soothers until you get the

answers-and results-you need.

## Watch for pseudo-soothers

Ready to take five? First, know this: Relaxing does not mean zoning out. We might think we're taking a break as we endlessly surf the Web... or sink into the couch for a Sex and the

City marathon... or play 15 rounds of solitaire. And indeed, sometimes these activities are just what the doctor ordered. But when we do them mindlessly, compulsively, they become "soft addictions"—habits that eat up our time and energy and leave us feeling numb. So check in with yourself during those free moments to see how you feel. Even spending an hour with friends gabbing over coffee won't recharge you if you're mentally reviewing your to-do list the whole time. But if you're laughing with them until the tears roll down your cheeks, then that's time very we'll spent.

The bottom line: You're not healthy if you're tackling to-do's 24/7, but you're also not healthy if you spend your free moments drifting into soft addictions that don't recharge you. Being pretty healthy is about being in balance—so you can rest easy. R

HIS MATH HOMEWORK IS TWO DAYS LATE.

IT'S IN HIS BACKPACK, WHICH HE LEFT ON THE BUS.

AGAIN.

IT FEELS LIKE EVERYONE IS GIVING UP ON HIM.

#### I NEED A WAY TO HELP HIM, BUT ALL I HAVE IS TEARS.

— Laura, Kyle's mom



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CONCERTA® is a prescription product approved for the treatment of attention deficit hyperactivity disorder (ADHD) as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION. Talk to your heathcare professional for a proper diagnosis and treatment of ADHD. Only a healthcare professional can decide whether medication is right for you or your child. CONCERTA® should not be taken by patients who have: allergies to methylphenidate or other ingredients in CONCERTA®, significant anxiety, tension, or agitation; glaucoma, tics, Tourette's syndrome, or family history of Tourette's syndrome, current or past use of monoamine oxidase inhibitor (MAOI); esophagus, stomach, or intestinal narrowing. Children under 6 years of age should not take CONCERTA® Abuse of methylphenidate may lead to dependence. Tellyour healthcare professional if you or your child has had problems with alcohol or drugs; has had any heart problems, neart defects, high blood pressure, or a family history of these problems; has had depression, abnormal thoughts or visions, bipolar disorder, or seizure. Contact your healthcare professional immediately if you or your child: develops abnormal thinking or hallucinations, abnormal or extreme moods and/or excessive activity; or if aggressive behavior or hostility develops or worsens while taking CONCERTA®. Your child's healthcare professional should check height and weight often and may interrupt CONCERTA® treatment if your child is not growing or gaining weight as expected. Stimulants may impair the ability of the patient to operate potentially hazardous machinery or vehicles. Caut on should be used accordingly until you are reasonably certain that CONCERTA® does not adversely affect your ability to engage in such activities. The most common adverse reaction (>5%) reported in children and adolescents was upper abdominal pain. The most common adverse reactions (>10%) reported in children and adolescents was upper abdominal pain.

Please see Medication Guide on adjacent page.

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## MEDICATION GUIDE CONCERTA® (kon SER-ta) (methylphenidate HCl) Extended-release Tablets

Read the Medication Guide that comes with CONCERTA® before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with CONCERTA®.

What is the most important information I should know about CONCERTA®?

The following have been reported with use of methylphenidate HCl and other stimulant medicines:

- 1. Heart-related problems:
  - sudden death in patients who have heart problems or heart defects
  - · stroke and heart attack in adults
  - increased blood pressure and heart rate

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting CONCERTA®.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with CONCERTA®.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking CONCERTA®.

2. Mental (Psychiatric) problems:

#### **All Patients**

- new or worse behavior and thought problems
- new or worse bipolar illness
- new or worse aggressive behavior or hostility

#### **Children and Teenagers**

 new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking CONCERTA®, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

#### What is CONCERTA®?

CONCERTA® is a central nervous system stimulant prescription medicine. It is used for the treatment of attention deficit and hyperactivity disorder (ADHD). CONCERTA® may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

CONCERTA® should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

CONCERTA® is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep CONCERTA® in a safe place to prevent misuse and abuse. Selling or giving away CONCERTA® may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

## Who should not take CONCERTA®? CONCERTA® should not be taken if you or your child:

- · are very anxious, tense, or agitated
- · have an eye problem called glaucoma
- have tics or Tourette's syndrome, or a family history of Tourette's syndrome. Tics are hard to control repeated movements or sounds.
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- are allergic to anything in CONCERTA®. See the end of this Medication Guide for a complete list of ingredients.

CONCERTA® should not be used in children less than 6 years old because it has not been studied in this age group.

CONCERTA® may not be right for you or your child. Before starting CONCERTA® tell your or your child's doctor about all health conditions (or a family history of) including:

- · heart problems, heart defects, or high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- seizures or have had an abnormal brain wave test (EEG)
- esophagus, stomach, or small or large intestine problems

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can CONCERTA® be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and nonprescription medicines, vitamins, and herbal supplements. CONCERTA® and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking CONCERTA®.

Your doctor will decide whether CONCERTA® can be taken with other medicines.

#### Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- · seizure medicines
- blood thinner medicines
- blood pressure medicines
- cold or allergy medicines that contain decongestants

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking CONCERTA® without talking to your doctor first.

#### How should CONCERTA® be taken?

- Take CONCERTA® exactly as prescribed. Your doctor may adjust the dose until it is right for you or your child.
- Do not chew, crush, or divide the tablets. Swallow CONCERTA® tablets whole with water or other liquids. Tell your doctor if you or your child cannot swallow CONCERTA® whole. A different medicine may need to be prescribed.
- · CONCERTA® can be taken with or without food.
- Take CONCERTA® once each day in the morning. CONCERTA® is an extended release tablet. It releases medication into your/your child's body throughout the day.
- The CONCERTA® tablet does not dissolve completely in the body after all the medicine has been released.
   You or your child may sometimes notice the empty tablet in a bowel movement. This is normal.
- From time to time, your doctor may stop CONCERTA® treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking CONCERTA®. Children should have their height and weight checked often while taking CONCERTA®. CONCERTA® treatment may be stopped if a problem is found during these check-ups.
- If you or your child takes too much CONCERTA® or overdoses, call your doctor or poison control center right away, or get emergency treatment.

What are possible side effects of CONCERTA®?

See "What is the most important information I should know about CONCERTA®?" for information on reported heart and mental problems.

#### Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision
- blockage of the esophagus, stomach, small or large intestine in patients who already have a narrowing in any of these organs

#### Common side effects include:

- · decreased appetite
- · dry mouth
- trouble sleeping
- dizziness
- stomach ache
- increased sweating
- headache
- nausea
- anxiety
- weight loss
- irritability

Stimulants may impair the ability of you or your child to operate potentially hazardous machinery or vehicles. You or your child should exercise caution until you/your child is reasonably certain that CONCERTA® does not adversely affect your/your child's ability to engage in such activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to McNeil Pediatrics at 1-888-440-7903.

#### How should I store CONCERTA®?

- Store CONCERTA® in a safe place at room temperature,
   59 to 86° F (15 to 30° C). Protect from moisture.
- Keep CONCERTA® and all medicines out of the reach of children.

#### General information about CONCERTA®

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use CONCERTA® for a condition for which it was not prescribed. Do not give CONCERTA® to other people, even if they have the same condition. It may harm them and it is against the law

This Medication Guide summarizes the most important information about CONCERTA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CONCERTA® that was written for healthcare professionals. For more information about CONCERTA® call 1-888-440-7903.

#### What are the ingredients in CONCERTA®?

Active Ingredient: methylphenidate HCI

Inactive Ingredients: butylated hydroxytoluene, carnuba wax, cellulose acetate, hypromellose, lactose, phosphoric acid, poloxamer, polyethylene glycol, polyethylene oxides, povidone, propylene glycol, sodium chloride, stearic acid, succinic acid, synthetic iron oxides, titanium dioxide, and triacetin.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Manufactured for McNeil Pediatrics Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc. Titusville, NJ 08560



10180602MG

Revised: November 2009



## THE MAC WITH MORE CHEESE.

KRAFT HAS MORE CHEESE THAN THOSE OTHER GUYS, SO GO FOR THE CHEESIEST!

rree



Free money... lessons 20 readers will each win a Moonjar Family Kit, which includes lessons to teach kids about wants versus needs, a money conversation-starter game, two money boxes, a picture book about characters learning what value is, and stuffed-animal versions of those characters. Value of each, \$30. Enter at redbookmag.com/winit. See page 225 for details.

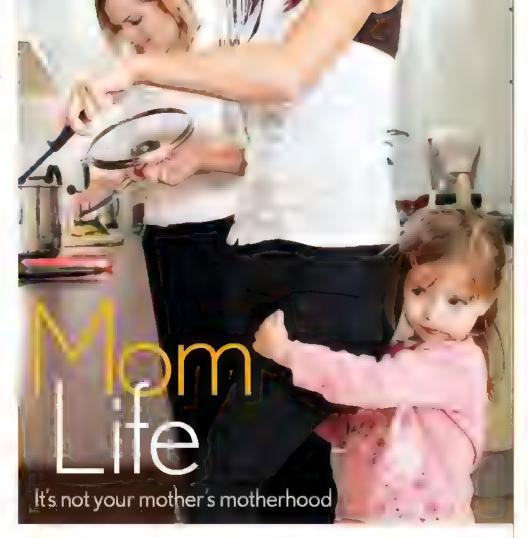
## Making It Work



## Why kid-related stress won't actually kill you

For moms who stress out each morning over getting the kids dressed, packed, and off to school, this factord might be hard to believe: Being a parent could actually lower your blood pressure. A new study at Brigham Young University found that moms measured. on average, 12 points lower in systolic blood pressure than non-moms (Dads fared better than non-dads too, but not as significantly) "Having children may come with daily hassles, but deriving a sense of meaning and purpose from stress has been shown to be associated with better health outcomes," explains the study's author. Julianne Holt-Lunstad Ph.D. Motherhood rewards the heart in more ways than one.





## Get food on the table in a snap

Admit it—try as you might to put healthy, home-cooked meals on the table, there's at least one night a week when you stare into the freezer wondering if it's okay to feed your kids Popsicles for dinner. Dawn Billesbach, 35, knows the feeling, which is why she created Menufortheweek.com. Join the site (\$25 for six months) and each Friday, Billesbach will email you a shopping list and recipes for five dinners, one brunch, and one dessert. Each

recipe has fewer than 10 ingredients (most of which you already have in the pantry) and takes around 30 minutes to prepare, but best of all, Billesbach tests every bite on her two daughters, ages 5 and 7. "They're very honest and will definitely tell me if something's too spicy or too chewy!" she says. Some of her kids' recent favorites include Crock-Pot meatball subs and chicken-and-rice casserole. After all, dinner tastes so much better when you leave stress off the menu.



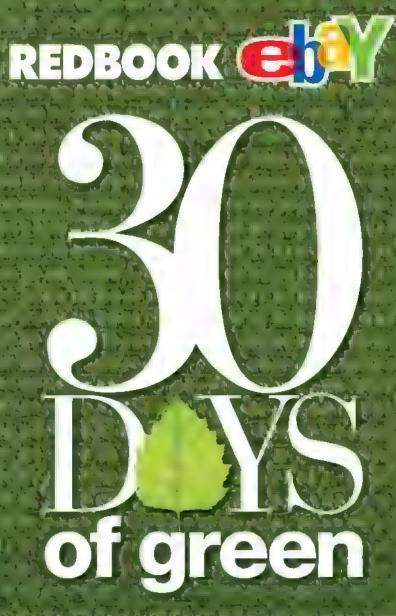
#### Meal plans for free!

50 readers will each win a 6 month subscription to Menufortheweek .com. Value of each, \$25. Enter at redbookmag.com/winit. See page 225 for details.

#### HOW TO HELP KIDS GRIEVE

Sesume Street's Muppets have helped children get through lots of tough times over the past 40 years, from the death of Mr. Hooper to the national tragedy of September 11. On April 14 at 8 p.m., PBS ans what is sure to be one of the most emotional episodes ever. In the one-hour prime-time special, "When Families Grieve," Big Bird and Elmo (with help from CBS Evening News's Katie Couric, left) will talk with families who have lost a parent—many from the military—about memories, the grieving process, and how to move forward.

Presented by



#### Can you change the world in 30 days? You can start by giving new life

to existing products. Buying lightly loved—but new to you—products is great for the planet, because they don't require new energy and resources to produce. That it why eBay and Hearst Magazines have teamed up to bring our 74 million readers 30 Days of Green, which showcases dozens of ways to green your life. From now until Earth Day, for every reader who takes the eBay Green Team Challenge, eBay will protect one acre of forest in collaboration with Team Earth, and you'll be entered to win. Together, we can create an environment for change.

visit ebay.com/greenteam to get inspired, take The Challenge and be entered to WIN \$10,000 to spend on eBay or hundreds of other great prizes to help you make greener shopping choices!

# REDBOOK RED-HOT GREEN MOM AWARDS They're saving the planet for their kids—and yours.

It's only natural to want to make the world a better place for your child. These 8 women did something about it—from designing eco-friendly diapers to creating an environmentally safe, completely ingestible toy cleaner. By Sarah Elizabeth Richards



#### A SMARTER LUNCHBOX

THE CHALLENGE Pack kids' lunches without using piles of plastic bags

THE EARTH-FRIENDLY SOLUTION A lunchbox

with washable storage compartments.

few years ago, Cyndi Pedrazzi took her older daughter shopping for a lunchbox and was surprised to find that the design hadn't changed since she herself toted a Scooby Doo box. Lunchboxes were still empty shells, so Cyndi would have to use at least four plastic bags per lunch for her girls, now 6 and 3. And all the boxes she found were made of vinyl or nylon instead of aluminum or plastic, so they couldn't be tossed in the dishwasher. Cyndi imagined a stylish plastic alternative, with dishwasher-safe storage compartments. "I wanted something that was good for the environment and unique," she says. Her design would have changeable faceplates that kids could customize with pictures or artwork-so moms wouldn't have to buy new lunchboxes each year.

Cyndi also fantasized about quitting her job in human resources and having the flexibility to work from home and spend more time with her kids. So she found an industrial designer to translate her ideas into an actual product. Her husband agreed that they could use their savings to launch a start-up, and even volunteered to set up a website and help out on nights and weekends. And her brother-in-law offered to help with fulfilling

Last September, the Yubo lunchbox, which sells for \$30, was introduced at the ABC Kids Expo trade show; it's currently available online at Toys-R-Us and Amazon. Cyndi is proud of how she's taught her daughters to help the planet. "They love picking out designs for their lunchboxes," she says. "They see that going greener doesn't have to be boring."



#### A GREENER DIAPER

➤ Kim Ormsby, 35, Bozeman, MT
THE CHALLENGE Find a convenient
alternative to disposable diapers—a major
household contributor to landfills.
THE EARTH-FRIENDLY SOLUTION A hybrid
croth and disposable diaper system

hen Kim Ormsby had her first baby nine years ago, she balked at the idea of using cloth diapers. Who needed more laundry to do? But after six months of going through about 10 disposables a day,

she tried cloth. Turns out they weren't bulky and didn't require pins, like the ones from her childhood. The extra laundry was manageable,

> Kim was saving money, and she was glad not to add more trash to local landfills.

Recognizing all the benefits, including environmental and financial, Kim was sure other parents would be interested

in becoming cloth converts. So when she was laid off from her engineering job after 9/11, she saw her freedom as the chance to turn her inspiration into reality. She used her credit card's \$15,000 limit to set up an online cloth diaper business. She developed a customer





#### Visit ebay.com/greenteam.

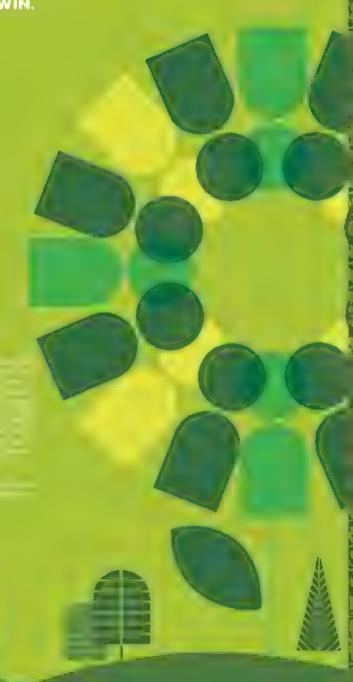
- Today through Earth Day, take the eBay Green Team Challenge to live greener by using what exists in the world today.
- Vote on where you want eBay, together with Team Earth, to protect your acre of forest.

As a thank-you, you will automatically be **entered to WIN \$10,000** to start shopping for your greener life on eBay, or one of hundreds of other great prizes.





TeamEarth



## REDBOOK RED-HOT GREEN MOM AWARDS



### **TUNES FOR THE GREEN**

> Jessica Hoffman, 38, San Francisco Maya Churi, 38, Los Angeles Jennifer Marks, 38, New York City Heather Staples, 39, San Francisco THE CHALLENGE Use the power of music to get kids excited about helping the planet. THE EARTH-FRIENDLY SOLUTION A CD compilation of great green-themed songs.

rowing up in the '70s, Jessica Hoffman had always loved Free to Be You and Me, the popular kids' album that championed issues such as racial tolerance and gender equality. But when she became a mom, some three decades later, she couldn't find any records like it that explored one of today's most pressing concerns: the environment. So Jessica, a publicist, called Jennifer Marks, a college friend she used to write songs with. Her idea: to partner with Jennifer, a New York City mom and professional songwriter, and create a kids' album.

> Six months of phone jam sessions later, they'd written a lineup of songs that teach

kids about environmental issues ranging from the garbage problem to global warming. Jessica then enlisted an old high school friend, Maya Churi, a mother of two. Maya had a knack for designing websites and created one to promote the CD. A talented storyteller, she also wrote green-themed tales to be read aloud on the album. Jessica's PR partner, Heather Staples, a mother of two,

During the month of April, download the title track of My Changing Planet for free! Log on to redbookmag.com /greenmom.

handled business matters. "We all worked after the kids went to bed or at dawn before they woke up," says Jessica (pictured above with her two girls, Pilar, 4, and Camila, 1). "We made it happen." Net profits from the CD will go to the Nature Conservancy, to support conservation efforts.

My Changing Planet is being released this month to coincide with the 40th anniversary of Earth Day. "It's a family album," Jessica says. "We roll back the sunroof and blast it. Everyone sings!"



## A NONTOXIC TOY CLEANER

Marianne Szymanski, 42. Milwaukee THE CHALLENGE Concoct a cleaner cleaner one that won't that leave residue on toys. THE EARTH-FRIENDLY SOLUTION Natural cleaner that's safe for kids to ingest.

or Marianne Szymanski, keeping her kids' toys clean was a major source of frustration. She didn't have time to soak them in bleach and water, and they didn't all fit in the dishwasher. She also worried that even "natural" cleaning agents might leave a chemical residue on the toys her kids, now 8 and 5, might put in their mouths. "There wasn't a spray without alcohol, phosphates, artificial scents, or chemical preservatives," Marianne says.

In 2005, Marianne, who runs Toy Tips, a research firm that tests and reviews toys, began her quest for a better cleaner. After three years of tinkering with the formula, she came up with

one that includes an edible preservative. Marianne opened an office in Milwaukee: a local factory produces her product. Toy Tips Toy Spray sells for \$6 and is available online at Wegman's, Target, and Amazon and at more than 200 boutiques and stores. "Small kids put their mouths on dirty toys all day," she says. "Now parents don't have to worry about that." R



#### Green victories

There's always more to be done, but we've made huge strides in helping the world go greener.

#### More recycling:

The United States now recycles more than 30 percent of its waste-from plastic soft-drink bottles to major appliancescompared with about 5 percent in 1970.

■Purer drinking water: More than 90 percent of commu nity water systems meet government health standards for m crobial and chemical contaminants, because of stronger regulation and better testing and treatment.

Better breathing: Six common forms of air pollution, including smog, soot, and lead have dropped almost 60 percent since 1970, due to stricter government regulation and cleaner cars.

#### DO YOU KNOW A GREEN MOM?

Nominate her to be a Red-Hot Green Mom! Send us a 300-word description of how she's making the world a greener place for her kids. plus her photo, to redbook@hearst.com (subject: Green Moms).



#### Visit ebay.com/greenteam.

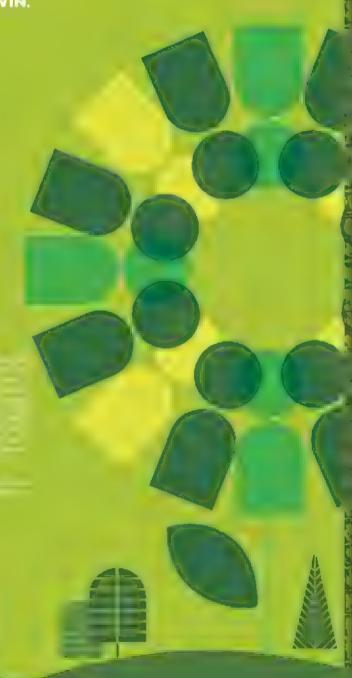
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**Impertectionist** BY ALICE BRADLEY

## Meet the new mighty me

I'd always thought of myself as an athletic failure. Then I told my inner weakling to beat it.



Alice Bradley also shares her adventures in parenting at finslippy .com, mornversation .com, and lets-panic.com. She lives in Brooklyn with her husband, son, dog, and cat

hen I was in second grade, my gym teacher told me I was uncoordinated. I was lying on the ground when she said this. All activity in the room had stopped, and the other kids were staring, and I didn't know what uncoordinated meant, but it sounded ominous, like I could die at any moment.

"What's 'uncoordinated'?" I asked her.

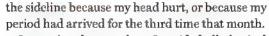
"Uncoordinated," she replied, "means that you cannot move your body parts correctly."

Well, she should know, I thought, while my classmates stared at me and my nonworking parts. After all, she's a trained professional.

I remember her pursed lips, her whistle dangling as she crouched down to issue her diagnosis. Other details are fuzzy: Why was I on the floor? Had I fallen off the rope ladder? Tripped after another failed attempt at skipping? Whatever the reason for her pronouncement, I can still feel myself lying there, waiting for the ground beneath me to open up so I could sink down into the soil for eternity, never to face my classmates again.

That's when I decided that gym was not for me. Was it my teacher's intention to get me to give it up forever? Probably not. I still think about asking her. I daydream about visiting her in her condo in (I'm guessing) Florida and demanding to know why she thought humiliating an 8-year-old was a good idea. Sometimes I imagine that I can now intimidate her, because she's frail and helpless. I bet she's not, though. She's probably the unrepentant bully of her retirement village.

Some children would react to such a declaration with defiance and go on to win Olympic medals and have television movies made about them. I was not one of those kids. I simply believed her. A monster was created that day, one who frustrated her subsequent gym teachers. I'd beg to be put on



It wasn't only gym class. I avoided all physical challenges. I would never climb trees—it was too risky. I refused swimming lessons because I was sure I'd forget what to do and drown. Even walking down the stairs worried me.

Rationally, I know this is ridiculous. Yet for years I've approached any athletic endeavor with trepidation—as if, were I to make a mistake, an arm would fall off. Or worse: I'd look foolish. I cultivated an air of superiority over the very notion of physical exertion. Why, I enjoyed the life of the mind! What need did I have for "sports"?

Last year I turned 40, and I decided that 40 years of this feeling was more than enough. It was time to gain confidence in the use of my limbs. To see a Frisbee being tossed my way and catch it, or at least try, instead of shricking and throwing myself to the ground. I wanted to stop defining myself as weak and klutzy. (Plus, as a half-Irish, small-boned woman with a family history of osteoporosis, it would be good for me to do something for my bone density, if not my self-esteem.)

## SPEND EASTER MORNING WITH YOUR FAMILY. NOTA FRYING PAN



THE TIME TO FULLY ENJOY YOUR FAMILY

Shine On

## Making It Work

Fortunately I have a cheap gym near me, and even more fortunately, the personal training is relatively inexpensive. I should have signed up when I found out about it, but instead I spent a few months working up the nerve to go, and then another few months talking myself out of going, and then an extended period of time berating myself for talking myself out of going. Then I made up with myself, and before I could change my mind again, I went straight there to purchase a membership and a set of 10 training sessions.

When I finally made it to my first session, I told

my trainer that my goal was to no longer be physically incompetent. He seemed puzzled. "Can you be more specific?" he asked.

"For starters," I told him, "I want to get strong. I want to lift weights. I don't want to just pretend to work out with those

girly pink weights. I want to use the real ones."

I waited for him to look me over and declare me unfit. But instead of casting me out, he just nodded and wrote it all down.

That first day, he led me through a session that left me wobbly and shaken. The weights I used were indeed pink, because those were the ones I could lift. The only push-up I did was on my knees, on an incline, with my trainer pulling me up by the abdomen with a towel.

It was both mortifying and thrilling. After all, I lifted weights-and did not die. No one seemed shocked or horrified at my weakness. The gym director never asked me to leave because my incompetence would lead me to injure myself and they didn't have enough insurance for me. I signed up for 10 more sessions.

I had assumed it would take me months or even years to make any real progress. But within weeks, I could see and feel myself getting stronger. I could open stuck jars without my husband's intervention. I could purchase more bulk items at the grocery store because I no longer worried about how I'd

manage to carry them home. On a flight by myself, I hoisted my carry-on into the overhead compartment without straining anything.

I felt like a superhero. A lesser superhero, sure, who could open stuck jar lids for the elderly, but still It was exhilarating If I already felt this much stronger, I wondered, what if I kept it up?

#### It's been six months since

I began strength training, and the changes keep coming. I can actually

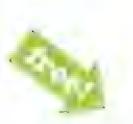
do real (not towel-assisted) push-ups. I can bench-press a respectable number of pounds. I can lunge and squat and deadlift without feeling as if I might tip over or crumple. I'm no longer horrified by the idea of going into the weight room by myself. If someone at the gym laughs, I don't automatically assume it's at me. And while I didn't set out to get into shape for any appearance reasons, I will admit that I've been checking out my biceps, and am not displeased with what I see.

I find myself hungry for new goals, considering activities that I would have scoffed at last year. I signed up for six weeks of tap class (an activity that, I am told, requires—wait for it—coordination) and enjoyed it so much, I signed up again. An indoor rock-climbing center recently opened near us, and I've been looking over the schedule. Why not?

The other day I was wrestling with my 7-year-old, Henry (an activity I had previously relegated to my husband). During our match, I managed to stand up from a prone position with Henry's 50-pound body wrapped around my neck and shoulders. It didn't even occur to me that I had just performed a move that, a few months before, I would have thought was way too risky. "Wow," Henry observed, "you're strong." I started to demur, but stopped myself. I actually am, now, fairly strong. So I thanked him, then tossed him onto the mattress.

It occurred to me recently that I might not have been so determined to get stronger physically if I hadn't felt so stuck emotionally. If being tagged uncoordinated at age 8 hadn't become so intolerable, maybe I wouldn't have particularly cared about getting fit. So thanks, Ms. Former Gym Teacher. If you're reading this and care to invite me over, I'd be happy to visit. And if you feel like arm wrestling, I won't say no. Maybe I'll even let you win. R

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1lucky reader will win a 1-year membership to Curves. Retail value, \$700. Enter at redbookmag .com/winit.See page 225 for details.

## ADVAIR DISKUS 100/50

(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

Did you know asthma has two main causes?

## Important Safety Information About ADVAIR DISKUS

- Prescription ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. ADVAIR is for people who still have symptoms on another asthma controller, or who need two controllers. ADVAIR contains salmeterol. In patients with asthma, medicines like salmeterol may increase the chance of asthma-related death. So ADVAIR is not for people whose asthma is well controlled on another controller medicine.
- Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting beta<sub>2</sub>-agonists for any reason, if you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Thrush in the mouth and throat may occur.
- Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

Please see accompanying Important Safety Information about ADVAIR DISKUS on next page.

You are encouraged to report negative side effects of prescription drugs: to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088...

Get your first full prescription FREE.\* Go to ADVAIR.com or call 1-800-4ADVAIR.

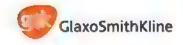
\*Subject to eligibility. Restrictions apply.

Airway constriction and inflammation.

ADVAIR treats both of them.

Which helps prevent symptoms from occurring in the first place.







## ADVAIR DISKUS'100/so. 250/so. 500/so. (Tubicasane proporate 10, 250, 500 mg and asimetero. 50 mga andalation pewder)

What is the most important information I should know about ADVAIR DISKUS?

- In patients with asthma, long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol it is not known whether fluticasone proplonate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- ADVAIR DISKUS does not relieve sudden symptoms.
   Always have a fast-acting inhaler (short-acting beta;-agonist medicine) with you to treat sudden symptoms.
   If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.
- Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.
- ADVAIR DISKUS should be used only if your healthcare provider decides that another asthmacontroller medicine alone does not control your asthmaor that you need 2 asthma-controller medicines.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKLIS. You may need different treatment.
- · Get emergency medical care if:
- breathing problems worsen quickly, and
- you use your fast-acting inhaler, but it does not relieve your breathing problems.

#### What is ADVAIR DISKUS?

- ADVAIR DISKUS contains 2 medicines:
- fluticasone propionate (the same medicine found in FLOVENT\*), an inhaled controosteroid medicine Inhaled controosteroids help to decrease inflammation in the lungs.
   Inflammation in the lungs can lead to asthma symptoms.
- salmeterol (the same medicine found in SEREVENT\*), a LABA LABA medicines are used in patients with asthmator chronic obstructive pulmonary disease (COPD) LABA medicines help the muscles around the aniways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the aniways tighten. This makes it hard to breathe in severe cases, wheezing can stop your breathing and cause death if not treated right away.

#### **Asthma**

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older

#### Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both ADVAR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD ADVAR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

#### Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS.

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe aliergy to milk proteins. Ask your doctor if you are not sure.

#### important Safety Information About ADVAIR DISKUS

This brief summary does not take the piace of talking to your healthcare provider about your medical condition or breatment.

#### What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- · have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
  have liver problems
- have diabetes
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- · are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially tell your healthcare provider if you take ritionavir. The anti-HiV medicines Norvir® (ritionavir capsules) Soft Gelatin, Norvir® (ritionavir oral solution), and Kaletra® (dognaswifitionavir) Tablets contain ritionavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

#### How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help as instructed by the child's healthcare provider
- Use ADVAIR DISKUS exactly as prescribed. Do not use ADVAIR DISKUS more often than prescribed. ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate or shakiness.
- If you must a dose of ADVAIR DISKUS, just skip that dose Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS
- . Do not breathe into ADVAIR DISKUS
- While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed
- Make sure you always have a fast acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

#### Call your healthcare provider or get medical care right away if:

- · your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast acting inhaler more often than usual
- your fast acting inhaler does not work as well for you at reveving symptoms
- you need to use 4 or more inhalations of your fast acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVA/R DISKUS regularly for 1 week

#### What are the possible side effects with ADVAIR DISKUS?

- See "What is the most important information I should know about ADVAIR DISKUS?"
- Patients with COPD have a higher chance of getting pneumonia, ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
- increase in mucus (sputum) production
- change in mucus color
- increased breathing problems
  - fever
- increased cough
- chills
- serious allergic reactions. Cal your healthcare provider or get emergency medical care if you get any of the following symptoms of a senous allergic reaction, including;
- rash swelling of the face, mouth, and tongue
- hives breathing problems
- Increased blood pressure
- chest pain
   headache
- a fast and irregular heartbeat
   tremor
- nervousness
- weakened immune system and a higher chance of infections
- lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- eye problems including glaucoma and cataracts.
   You should have regular eye exams white using ADVAIR DISKUS
- slowed growth in children. A child's growth should be checked often

#### Other common side effects include:

- hoarseness and voice changes
- throat irritation
- . thrush in the mouth and throat
- · respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away

These are not all the side effects with ADVAIR D/SKUS. Ask your healthcare provider or pharmacist for more information

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com

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# Mommy Strategies

Real-life advice from real moms

#### Rainy-day swag!

100 readers will each win one Pictureka! game and one Sorry! Revenge game from Hashro Games, Value of set, \$29. Enter at redbookmag .com/winit. See page 225 for details.

#### How do you entertain your stir-crazy kid on a rainy day?

"In the summer, we make root-beer floats and watch our favorite DVDs, like Beauty and the Beast. When it's chilly out, we make popcorn sprinkled with funkake, a type of fish flavoring. and we spend time talking about days past." --- Amy Endo, 38, Alea, HI

"A rainy day is the perfect excuse to bake up a storm! My kids love soft pretzels, so we make the dough in the bread machine, then we form the pretzels into fun shapes and the kids' initials. When we remove the warm treats from the oven, we slice them open and put cheese inside. This makes a wholesome, tasty lunch." -Karen Schiff Freeman, 39, Solon, OH

"We use the kitchen chairs and extra blankets to make a fort, then the kids pretend they're camping or on a boat. This keeps them busy all day long." - Candy Burns, 47, Davenport, IA

"I put together craft kits to pull out on a rainy day. We've made paper-towel kazoos, sawdust clay, and wine-cork turkeys. Hook online for projects that use recycled materials, which keeps costs low and also teaches my kids about being good stewards of the planet." -Stacy Adkins, 36, Graham, NC

"We don't let a rainy day keep us inside: We get bundled up and get outside to play in the puddles! But if it's raining too hard, we like to head to an indoor gym to be active." -Rachel Zetooney, 37, Eatontown, NJ

"A surefire way to put a smile on the kids" faces is to get them in their swimsuits and let them play in the tub with lots of bath toys!" -Sara Smrth, 32, Lancaster, KY

"I lay down a blanket on the floor and fill a large, shallow bin with sand, and we have an indoor sandbox! The blanket catches most of the sand clumps that escape from the bin, and it's easy to vacuum up the rest from the floor." -Elizabeth Kutz, 39, Oak Creek, WI

"Living in Alaska, we spend a lot of time playing inside. I stock up on one-dollar items from Michael's—small sticker books, wooden 3D puzzles, and foam animal kits. Then I let my sons, ages 1 and 3, go to town playing. We also finger paint, blow bubbles, make collages, and use medicine droppers to combine different colors of water to make new colors." -Robin Klein, 26, Delta Junction, AK

"I ask the grocery store to give me a box from the loading dock, then the kids and I 'build' a race car or a truck. We get out the colored paper and the markers and really deck it out. and we dream up where we could go-on a safari or over the mountains!" -Cherisa Bell, 27, Tonasket, WA

#### Share your smart mommy strategy!

REDBOOK wants to know: How did you help your child through the death of a pet? Send your advice to lpalmer@hearst.com (subject: Mom Strats) along with your name, age, city, and state. Your quote could appear in a future issue GOODNITES PRESENTS

A free audio series that gives you and your child the power to imagine a better bedtime.

Visit bedtimetheater.com
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of Iggy and his Wiggy Bed.

Good Nites

her career skyrocket, most recently with Nurse Jackie. Now 46 and a single mom,

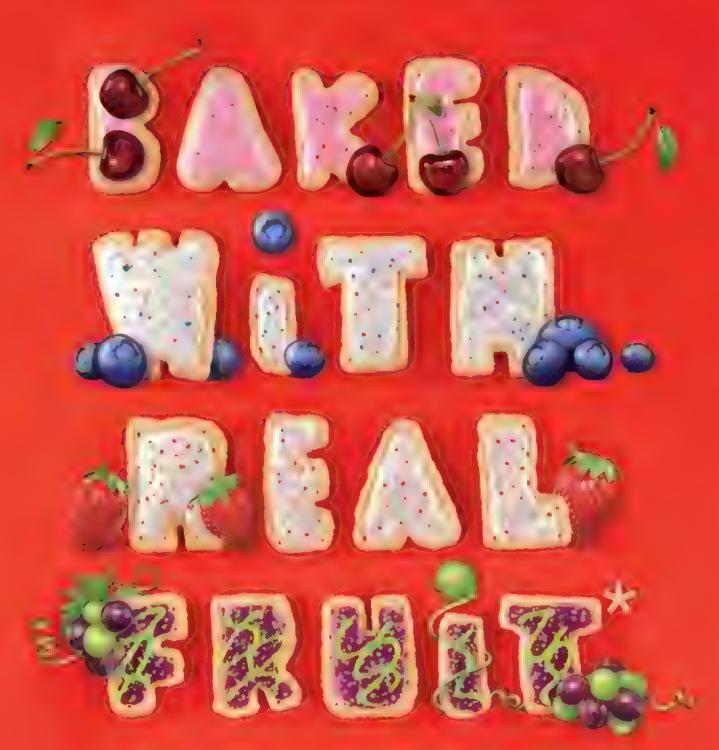
> Trust your instincts. I decided to adopt my son on my own five years ago, and my daughter three years later. I had never really been that interested in having kids, but I had a bunch of relationships in a row where we had talked about it, and it was like the seed had been planted—figuratively at least. The relationships didn't last, but the kid thing never really went away. And so, at a certain point—I think it had to do with recovering from cancer—I was like, Now is the time. I come from an nontraditional family, so it wasn't like I needed to be in a relationship first. It was about going where my heart was leading me next, and that was to children. I've never been more sure that I absolutely knew what I was doing.

#### When you need time to yourself, take it.

Now that I've had five years of practice as a parent, I've learned that if kids see you feel guilty, they will home in on you and attack. But through trial and error, I've learned that the only way for me to be the person I want to be with my kids is to have some time by myself. I love to read, and I love to sew. My grandmother was a seamstress, and I think I inherited it from her. So sometimes when the nanny is there, I'll say to my kids, "Mommy is going upstairs because she needs a little time to herself, but she'll be back." And if I don't let myself feel bad, if I really mean it when I say, "It's time for me to read or do work," I now get, "Okay, Mommy, love you!"

I've also learned to no longer feel guilty if I'm invited out and don't want to go. If I start to say to

Making lt Work



Enjoy a variety of fruit flavors, like NEW Wild Grape.



## Making lt Work

myself, "What's wrong with you that you're staying in five nights in a row to watch *Forensic Files* instead of going out with your friends?" I remind myself that it's what I need to do for myself at that point.

Naps are key. Alcoholics Anonymous has a strategy to help you check yourself before you act, called HALT. The letters stand for asking yourself if you are "Hungry, Angry, Lonely, Tired." The first thing I do when I'm feeling like acting out—say, calling someone and having an inappropriate conversation—is to ask myself, "What's really going on here?" And I'll realize that I need some sleep.

I love being able to take a nap in the afternoon. It's always a little embarrassing at my son's school because he'll ask, "Are you going to be picking me up?" and I'll say, "No, I'm working," and he'll say, "Oh, are you napping?" I have to say, "No, I'm actually working." But Mommy does nap when she's not working!

#### There's a little good and bad in everyone.

Everybody I've ever loved is very complicated. I don't have examples in my life of people who are all good or bad; I have deeply loved many people who are both, and I relate to those kinds of people on a far greater level. We're all conflicted to a certain degree; you can be a good person with bad impulses or behavior-it's part of being human. And that's just a lot more fun, a lot more fun to be. I'm having a ridiculous amount of fun playing Nurse Jackie. She is so many things that I wish I was and so many things I'm glad I'm not. She doesn't waste time putting her thoughts through a bunch of filters like I do. It feels great to play her for a while, and I'm also so happy to walk back into my life at the end of the day and out of the insanity that's in her head. Carmela Soprano was fun for different reasons: She was so taken care of within her community that I think she felt protected to say and do whatever she wanted.

You figure things out as you go. It gets complicated sometimes as a single mother. My son will ask, "How come I don't have a daddy?" and my first impulse is to say, "I messed up." But two seconds later, I rethink that. And I say, "You have two godfathers, and a sister, and two grandparents. Everyone's family is different." I think about what it would be like if I were him asking the question. What would I feel good hearing that is also the truth? And so we find our way. Between raising my kids and my work, I have so much filling up my life that I think being single is where I am right now. I'm making a lot of it up as I go along. But everything always seems to work

out miraculously, so I just keep putting one foot in front of the other.

## Appreciate the big and little moments.

When my son was tiny, we'd look out the window and I'd say, "Let's wave to Mr. Tree!" and this morning, he said, "Mr. Tree got so big!" It freaked me out, because I haven't said that to him in about four years. Every day there are a few of those astounding things from the kids, and I'm so glad I'm grown up enough to appreciate it.

Hard times can be good times. I wouldn't change five seconds of my life. All right, I'd change five seconds. And I wouldn't want to go through some of it again,

but between AA and therapy I've talked and cried and done all the things that are necessary to get to the other side. When I was diagnosed with breast cancer, I was sober, and I had good friends around me, so I was able to go through it with very open eyes and clearheaded. Every single piece of what I've gone through was necessary, if for nothing more than making me so deeply in love with my life right now. Now there's not a split second of the day that I don't know how lucky I am. I never have to say to myself, "Remember to be grateful." It's lodged in there.

Worrying gets you nowhere. If I could teach my kids one thing, I'd like them to know, deep inside, "You are safe. You're safe with me, you're safe alone." If you carry a feeling of safety inside, I think your whole life changes. And I want them to know that everything will pass and that in the moments in between, they should see if they can find the fun. As a kid, I worried all the time—it was just part of my hard-wiring. I don't think anyone around me knew it, but I felt like no one ever told me I didn't have to worry, that nothing was wrong. So I wish I could go back and say to my younger self, "Stop worrying. It all works out, It all works out just beautifully." R



"Nurse Jackie is so many things I wish I was and so many things I'm glad I'm not. It feels great to play her and then walk back into my life." If you can draw a map to every bathroom in town...



TOVIAZ® – a pill that comes with a plan.

With Toviaz (fesoterodine fumarate) and the plan, you're helping manage your overactive bladder (OAB) symptoms in two ways:

with a pill created to help reduce symptoms all day and all night.\*

and a plan that offers you practical tips, tools and resources to help you take an active role in your treatment.

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The plan focuses on four core areas:

food & drink

teach your bladder

daily Toviaz

keep track

"Results may vary

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

**Important Safety Information** 

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz. Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness. The most common side effects are dry mouth and constipation. Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.



#### IMPORTANT FACTS

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#### ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

#### WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- · Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

#### **BEFORE YOU START TOVIAZ**

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream
- Treatment for an eye problem called narrow-angle glaucoma.
- · Kidney problems.
- · Liver problems.
- · A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant.
   It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

#### POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry cyes
- · Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

#### HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

#### What is TOVIAZ?

TOVIAZ is a prescription medicine used in adults to treat symptoms of a condition called overactive bladder, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

#### NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- · Go to www.Toviaz.com.
- Call 1-877-9-TOVIAZ.

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STUB G D PROP STY, ST PAUL OWE FOR Y Y AN ART STS



Brooke Griffin had an ambitious goal: She wanted to raise thousands of dollars for a local homeless shelter. Inspired by philanthropist Malaak Compton-Rock's new book, If It Takes a Village, Build One, Brooke asked her aunt and a friend to help. Then they all recruited friends, who involved their neighbors, who called upon local businesspeople and soon their entire Northern Kentucky community was participating in a charity cocktail gala that raised nearly \$40,000 for needy women and children.

By Lindsey Palmer



n a crowded ballroom decorated with red and white flowers, heart-shaped Mylar balloons, and crisp white linens, Brooke Griffin looks around at the dozens of tables of friends, relatives, and neighbors, her heart racing with nerves and excitement. The 27-year-old lets it sink in that she is the reason these people have gathered on a bitterly cold Saturday night, to raise money for the women and children of Welcome House of Northern Kentucky, a local homeless shelter. The evening's emcee, WCPO-TV chief meteorologist Steve Raleigh, introduces Brooke to the room, and she smiles shyly as the crowd breaks into applause for the woman who managed to throw together a charity cocktail gala that raised almost \$40,000 in a matter of just four weeks. Moments later, Steve and his wife, Julie, kick off an action-packed live auction of donated vacation packages, concert events, sports tickets, and more, and Brooke sits down next to her husband, Chris, allowing herself to drink in the fun spectacle. "This is truly one of the proudest moments of my life," she says. "I feel a huge sense of accomplishment and togetherness with all the people from my community who helped me make it all happen."

## "I had many ideas of how to help, but I didn't know how to start."

When Fort Mitchell, KY, resident Brooke Griffin wrote to REDBOOK about her desire to support Welcome House and the comprehensive services it provides to help homeless families get back on their feet, her passion shone through even as she admitted she didn't exactly know where to begin. As the former captain of the Cincinnati Bengals cheerleaders. Brooke had volunteered at Welcome House events through the team's service work. "I'll be honest: I always imagined homeless people as the stereotypical men panhandling on the street," she wrote. "But when I toured the Welcome House and met the residents, it opened my eyes to see that the homeless include women my age who live in my area and who are very similar to me. But through different life circumstances, they've ended up in a tough spot." Especially in this weak economy, when donations have dropped off just as need is rising, Brooke knew she had to do more. "I felt overwhelmed by the women's need for things like tampons and diapers, items we all take for granted," she wrote.

Brooke's enthusiasm and drive to help dovetailed perfectly with the message in humanitarian Malaak

#### It takes a village:

**Brooke coordinates** last-minute details hours before the event (opposite page): Brooke and her community of supporters celebrate their success the night of the fund-raiser gala.







All in the details:

**Brooke and Ashley put** finishing touches on signs; the pink cupcake tower was the centerpiece of the dessert buffet; some guests bought a table's worth of tickets; Brooke poses with her mentor, Malaak; Brooke arranges the \$100 fund-raising balloons.

Compton-Rock's new book, If It Takes a Village, Build One: How I Found Meaning Through a Life of Service and 100+ Ways You Can Too. Malaak has spent a lifetime bringing together communities to help others, and her powerful book aims to inspire readers to embark on their own journeys for change. The message: that giving back in meaningful ways is easier than you think, and that it makes you feel amazing. REDBOOK connected the two women so Malaak could advise Brooke on how to build an inspirational fund-raiser for Welcome House.

"Malaak wrote about how she's inspired others to make a difference, and I thought, Well, she's a famous person, but she's still just a person, and look what she could do," Brooke says. (Malaak starred in Oprah's Big Give and is married to comedian Chris Rock.) "The book outlined how I could use my passion to get people on board and make something happen. It gave me the confidence to turn to my husband and say, 'Okay, I can do this.'"

"On a cold winter night, we knew people would **love an excuse** to get dressed up and go dancing."

Brooke passed her copy of Malaak's book to the two women she knew would step up as her main

supporters: her aunt Juanita Griffin, who's been a Welcome House Outreach volunteer for 20 years, and Ashley Anderson, Welcome House's development coordinator. After getting advice on first steps from Malaak (see "How to harness the power of many," page 168), Brooke gathered her team in a coffee shop, and together they devised a plan: They would throw a fund-raiser gala with live and silent auctions and plenty of food and dancing. "We bounced around different ideas for themes, and Malaak helped us settle on 'Home Is Where the Heart Is," Brooke says. "It felt perfect because the event would fall near Valentine's Day, and Welcome House's mission is all about providing shelter." Then Brooke's team set an ambitious goal: to raise \$90,000, the total donations Welcome House needs in operate its women and children's shelter for one year. The race was on to make it all happen.

Malaak provided Brooke with a four-week planning timeline and suggested she immediately focus her energies on the key components that would make her event a success: an attractive, popular venue and a dynamic emcee who could really sell the live auction. Says Brooke, "I honestly wasn't sure if we could pull the event off in just a month. It was totally overwhelming." With such a tight schedule, Brooke would need to recruit a large





"We just couldn't say 'no'!"

A benefit of doing good? It makes you feel great! Brooke's biggest helpers share what compelled them to say "yes" and contribute.



"It's my job and my passion to change lives and give back to our community, and I would bend over backward to help Brooke. The two of us divvied everything up—reaching out to restaurants and vendors, creating the e-vite and the program, and coordinating all the "ttle details—learning and growing the whole time "—Ashley Anderson, Welcome House development coordinator

"I was really impressed with Brooke's initiative and effort. The Welcome House is a great program; providing homes and a fresh start for people is really what appealed to us. We were happy to become the title sponsor of the fund-raiser"







"I'd been volunteering at the Welcome House for 20 years, and when Brooke told me she was planning this event. Limmediately called on the Welcome House Outreach committee. I'd hardly used a computer before, and suddenly I was emailing like crazy to help plan. Brooke has succeeded in bringing in a new generation of volunteers, which is so important." -Juanita Griffin, Brooke's aunt

"At first I couldn't believe that Brooke wanted to pull together this fund-raiser so quickly, but ultimately her drive persuaded me and the board to back her efforts 100 percent. I am a big proponent of the village of support that Malaak talks about. It is the village that can keep someone from becoming homeless. Brooke has rallied our community to step up and contribute." - Linda Young, Welcome House executive director





"I feet passionately about helping kids, so when Ashley called me, I told my boss how great it would be to donate our space. It's been exciting to work with such an appreciative team." —Emily Kramer, corporate sales manager at The Madison

team of volunteers. "I knew I'd have great help because I live in a close-knit community with lots of loving people who chat after church and gather for Sunday football games," she says.

#### "At our weekly meetings, we discussed fun ways to help out whether it was to sell tables or to tap a friend to bring next time."

Malaak and Brooke hooked up frequently for conference calls. When Brooke admitted she was nervous about the many aspects of planninginvitations, donations, food and drinks, entertainment, and more-Malaak stressed the importance of regular meetings to keep everyone organized and on task, and to motivate the team. So Brooke asked Juanita to involve the Welcome House Outreach, a group of 20 women who had been volunteering for years, and they began meeting on Tuesday nights. "Elizabeth Gray agreed to format event e-vites, Allison Kennedy stepped up to organize the silent auction, and the others then went out to restaurants and spas to solicit items," Brooke says. "It was so encouraging to get so much help from women who were total strangers to me just weeks earlier."





#### "I had no idea how generous people would be in giving their time and services and talents.

Brooke was new to soliciting donations and probono services, and she was pretty nervous about it. "Malaak gave me a script for how to approach a vendor with 'the ask,' which I practiced ahead of time to build up my confidence," Brooke says. "I tried to motivate myself by thinking that the worst that could happen is that I'd hear 'no'and I knew it would feel amazing if I got a 'yes." Malaak advised her to start by asking friends and acquaintances, who would be eager to help someone they knew. While planning her wedding last year, Brooke had grown close with her designer, Kevin Ford: "So I approached Kevin to donate flowers, linens, and decorations and to handle setup for the fund-raiser, and he agreed immediately," Brooke says. "He also connected me with a local restaurateur whose wedding he'd designed, and she signed on as our first donated food station." Next, the bakery that had created Brooke's wedding cake volunteered to provide cupcakes.

Not every vendor Brooke approached was willing to help. "I visited four downtown Cincinnati hotels, and all four turned me down," she says. "I was getting discouraged. One local former sports star told me there was no way I'd pull off the event, especially in January, which is the worst month for fund-raising. But I just tried to keep a positive attitude, and soon after, Ashley contacted her friend at the Madison catering hall, and they agreed not



only to donate the space on a Saturday night, but also to contribute hors d'oeuvres!"

Brooke faced other setbacks as well. When Ashley told Welcome House's executive director, Linda Young, about the plans for the fund-raiser, Linda wasn't convinced it was a good idea. "She was reluctant to plan something so quickly," says Brooke. "But then she saw how dedicated we were and how hard we were working-and when I met with her two weeks before the event, she was excited for what she had nicknamed the 'Welcome House Prom'!"

## "I quickly learned to match the volunteers' personalities with the tasks that were right for them."

As a former NFL cheerleader, Brooke knows plenty of high-energy, outgoing women-and she knew exactly what jobs would suit them best. She asked former Bengals cheerleader and longtime philanthropist Julie Raleigh to run the live auction along with her husband, Steve, a local television meteorologist. Steve also agreed to publicize the gala on-air during his broadcast—a huge coup. "I put volunteers with good people skills in charge of greeting guests and taking tickets, and I assigned the less outgoing ones to handle behind-the-scenes tasks," Brooke says. "I called on a few people I knew were super-reliable to oversee the big details of the evening." Six cheerleaders agreed to wear their uniforms and sell heart-shaped balloons at the

## WHICH WOULD YOU GIVE YOUR KIDS?



O'S' PIZZA ROLLS

HOZZARELLA CHEESE SUBSTITUTE

CHEESE INGREDIENTS, water, partially hydrogenated soybean oil, renner casein, modified com starch, potato starch, socium aluminum phosphate, vital wheat gluten, salt, potassium chloride, citric acid, potassium sorbate [preservative], socium chosphate, socium citrate, titanium dioxide [color], maitodextrin, magnesium oxide, zinc oxide hitamin A palmitate, ribollavin.



BAGEL BITES SNACKS

REAL MOZZARELLA CHEESE

CHEESE INGREDIENTS: milk.

	Prep	Fat (g)	Trans Fat (g
Bagel Bites*	Baked	7	0
Totino's" Pizza Rolls"	Pre-Fried	10	15







## 7 ideas to inspire your community

Malaak Compton-Rock suggests different events you can plan with your neighborhood to support your favorite charity or cause.

- CAR WASH: If you can get the principal's support, planthis event at a school in order to inspire the whole student body and parents to participate—the kids will enjoy getting elbow-deep in suds. Or set up at a community center, a church, or a synagogue. Make it a real group effort by encouraging friends and neighbors to set up food stands
- WALKATHON: Get everyone moving and they'll feel like they're really doing good. Get step-bystep planning advice—and a \$50 coupon toward the site's "DoJiggy Pledge" walkathon software—at doiggy.com/redbook
- SCHOOL BAKE SALE OR CARNIVAL: If your cause centers on children, connect with your child's school to plan an afternoon family fund-raiser.
- FASHION SHOW: Local retailers and boutiques will love the

- opportunity to showcase and promote their new looks, and fashion-conscious guests will have fun in the audience.
- SHOPPING EVENT: Connect with a local retailer or a national chain and plan a girls' night of shopping and refreshments; a certain percentage of sales will go to benefit your cause.
- COMMUNITY YARD SALE: Ask a group of neighbors to set up shop on their lawns in support of your cause: They can sell home goods, food, clothing, flowers, or whatever they can contribute.
- SPORTS DAYS: If your social circle enjoys playing golf or tennis, enlist a club to host a tournament and publicize the event, then solicit local businesses to sponsor the holes for a set price. A sports tournament encourages whole families—especially the guys!-to get in on the fun.

Motivated to donate:

Julie Raleigh riles up the crowd at the live auction: Steve Raleigh congratulates Brooke.

door the night of the gala to raise additional funds. "I also called upon Bengals defensive end Frostee Rucker and safety Kyries Hebert to lend their local celebrity status-and we'd have had even more Bengals players at the party if it hadn't been the same weekend as the Pro Bowl!" Brooke says with a laugh. Frostee and Kyries not only attended the event, but they also donated autographed team jerseys to the live auction.

Though Brooke tried to obtain a lot of the bigticket auction items on her own, eventually she realized she needed help. She called on her fatherin-law, a local businessman, and other family members to assist, and they helped secure tickets to a Taylor Swift concert and to the Masters golf tournament, plus a vacation getaway. Julie Raleigh stepped in too; because she is such a good customer of the Cincinnati Saks Fifth Avenue, the store donated a makeup party for 10.

#### "The coming together of my community in support of this cause is just beautiful.

After a month of rigorous planning, Brooke's benefit gala sold out-300 guests had seats and 50 more took standing-room tickets. The event was slated to begin on a Saturday at 7 p.m., but by 6:30, guests in cocktail attire were lined up outside



# PINE PLACE ROAST.

MAY YOUR DAY BE AS

# **多麗意意**

as your correct.







## IT'S NOT JUST COFFEE. IT'S STARBUCKS.





Spread the love:

Brooke's husband, Chris, offers his wife a big, supportive hug; **Brooke and Malaak** pose with Welcome House executive director Linda Young and board member Crystal Hicks.

the Madison, eager to eat, drink, and dance with their community.

As guests filed in, Bengals cheerleaders offered the red Mylar heartshaped balloons for \$100 eachenough to shelter a homeless woman

or child for three nights in the Welcome House shelter. On the landing of the dramatic staircase that led to the main ballroom, guests were offered a Passion's Crush cocktail, the evening's signature drink, offered by Maker's Mark. Once in the ballroom, they were free to nosh on mini-burgers, chicken dumpling soup, homemade potato chips, and sushi-among other tasty offerings-while perusing the packed silent-auction table.

Soon emcee Steve Raleigh called guests to their seats and invited featured guest Malaak Compton-Rock to the stage. "Tonight, Brooke has proved that one person in a village of givers can galvanize her community in support of a cause and bring about change" she said, as the guests broke into enthusiastic applause.

Next, three giant screens showed a video featuring Welcome House executive director Linda Young and Crystal Hicks, a former Welcome House resident who now, 10 years later, is a social worker who also serves on the Welcome House board. Watching herself onscreen from her table, her husband by her side, Hicks remarked, "It's powerful to be able to tell my story of how far I've come-from being a victim of domestic violence and homeless with my 18-month-old daughter to

having a great job, a supportive husband, and a loving home. I'm blessed now to be able to give back." After the video, Linda Young took the stage to thank all the partygoers—especially Brooke for their support: "Everyone needs money, but it's people who change other people's lives," she said. Her heartfelt speech was surely on everyone's mind a little later, when the Bengals cheerleaders rallied the crowd to buy the remaining 39 heartshaped balloons. In a matter of minutes, every balloon sold.

The day after the event, Ashley called Brooke to tell her that they'd raised \$38,000 for Welcome House. "I'd been adding up the numbers in my journal throughout the process, so I had a general idea of how much we'd made," Brooke says. "But I was so excited to hear that final amount! Even though we didn't hit our initial goal of \$90,000, this is a huge accomplishment, especially considering the short time we had to plan it."

Through tears, Brooke reflects on her experience: "This journey of bringing so many excited and motivated people together to support something great has been so fulfilling for me. I can't wait to do it all again next year and continue this tradition of service."▶



#### Our Pups know how to speak to us.

Tall with more real been spell a routhwatering around the free form that interest the first interest the fir



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#### Celebrating service:

Malaak Compton-Rock toasts Brooke for uniting so many to do so much good.

### How to harness the power of many

Malaak Compton-Rock shares 6 simple steps to build your village.

**1 SET A GOAL.** "The key to pranning a successful event is knowing what you want to get out of it-financially or otherwise," Malaak says, "Ask yourself, 'What are my objectives?" and write them down. Deciding on your goals up front will allow you to understand what type of event will best serve those goals and how to reach out to your community to make it happen "

BUILD A DIVERSE TEAM. "To bring together a strong committee of volunteers, tap in to all of your social circles your neighbors, your coworkers, the parents at your child's school, and any other groups you're connected to," Malaak says "Focus on finding a wide variety of folks with different skills. For example, the PTA president at your child's school might have fundraising experience, an accountant could help you devise a budget, a graphic artist could design invitations or programs. someone in the business community could secure sponsors, and someone who just plain knows a lot of people will be an asset in terms of selling tickets and publicizing your event."

PLAN WELL. "To stay organized and on track, create a detailed timeline leading up to the event," Maiaak suggests. "Make sure to give yourself enough time in advance to book the key components that will make your event a success, such as the right venue and a locally known personality to emcee " Check out Malaak's planning timeline at redbook mag com/timeline

4 "Break your team into com-DIVIDE AND CONQUER. mittees, then assign a leader to head each one," Maiaak says, "Each committee should schedule its own weekly meetings to discuss their progress and figure out upcoming goals, and then the committee heads should convene on their own to exchange ideas, update people on their planning, and coordinate logistics."

JUST ASK! "Most people want to give back to society, but they just don't know how," Malaak says. "So to get people and businesses to come on board in support of your fundraiser is often as simple as asking." Malaak offers the following tips for making "the ask": "If you're approaching a retailer you often frequent, just walk in and talk to the owner about your event and then explain how her flower arrangements or printing services will help the event and the community. Because you already provide her with business, you can fee! confident in asking her to do her part. If you don't know the vendor, draft a letter with the same information, then follow up with a call or in-person visit. And be sure to let prospective supporters and sponsors know about all the promotion they'll receive if they pitch inwhether in your event program or in local news coverage."

PROMOTE YOURSELF. O"Engage your local media to cover your event in as many ways as possible," Malaak says. "Draft a press release and send it to your local TV news stations, radio stations, and newspapers. Ask a local deejay to promote your event during his show or request that your paper run a story on the cause you're raising funds for. And of course, get the buzz going through word-of-mouth, too, so your event can get all the attention it deserves "Check out Brooke's press release at redbookmag .com/pressrelease, R



Win Malaak's book! 100 readers will each win a copy of If It Takes a Village, Build Опе, by Малаак Compton-Rock. Value of each, \$24 Enter at redbookmag .com/winit. See page 225 for details.



# Depression can make you feel like you have to wind yourself up to get through the day. PRISTIQ. Proven to treat depression. and trouble concentrating norepinephrine. PRISTIQ may be a key in helping to treat your PRISTIQ.

#### **Important Safety Information**

PRISTIO<sup>®</sup> (desventafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. PRISTIQ is not approved for use in children under 18.

- People taking MAOIs should not take PRISTIQ
- All patients taking and depressants should be observed closely for signs that their condition is getting worse or that they are becoming suicidal. This is very important when an antidepressant is started or when the dose is changed. Patients should be watched for becoming ag tated, irritable, hostile, aggressive, impulsive, or restless. These symptoms should be reported to the patient's healthcare professional right away.

 Tell your healthcare professional about al prescription and over-the-counter medications you are taking or plan to take, including

- Medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition
- Aspinn, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding
- PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including if you:
- medical conditions, including if your

   Have high blood pressure. Your blood pressure should be controlled before you start taking PRISTIQ and monitored regularly
- Have heart problems, high cholesterol or triglycer de levels, or a history of stroke
- Have glaucoma of increased eye pressure
- Have kidney or liver problems
- Have or had mania, bipolar disorder, seizures, or convulsions
- Have low sodium levels in your blood
- Are nursing, pregnant, or plan to become pregnant
- Discontinuation symptoms may occur when stopping PRISTIQ, especially when therapy is stopped suddenly Talk to your healthcare professional before you stop taking or reduce the dose of PRISTIQ.
- Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol white taking PRISTIQ.
- Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088

Wyeth'

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insurance and need help paying for

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Visit us at www wyeth com or call us at

1-800-568-9938 for more information.



(pris\*teek') Pristiqu . (desvenlafaxine) Extended-Release Tableta

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare

all risks and benefits of treatment with antidepressant medicines

all treatment choices for depression or other serious menta, illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

- 1. Antidepressant medicines may increase suicidal thoughts or actions in some children, leenagers, and young adults within the first few months of treatment.
- 2. Depression and other serious mental litnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicida, thoughts or actions.
- 3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?
- · Pay close attent on to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed
- Call the healthcare provider right away to report new or sudden changes in mood. behavior, thoughts, or feelings
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- . thoughts about suicide or dying
- attempts to commit suicide
- · new or worse depression
- · new or worse anxiety
- · feeling very agreated or restless
- panic attacks
- · trouble sleeping (insomnia) new or worse irritability
- · acting aggressive being angry or violent
- acting on dangerous impulses
- · an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

#### What else do I need to know about antidepressant medicines?

- Never stop an antidepressant medicine without first talking to a healthcare provider. Stopping an ambdepressant medicine suddenly can cause other symptoms
- · Antidepressants are medicines used to treat depression and other illnesses. It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- · Antidepressant medicines have other side effects. Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member
- · Antidepressant medicines can interact with other medicines. Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your
- Not all antidepressant medicines prescribed for children are FDA approved for use in children. Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants

#### Important Information about Pristing

Read the patient information that comes with Pristig before you take Pristig and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

#### What is Pristin?

- Pristig is a prescription medicine used to treat depression. Pristig belongs to a class
  of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors)
- Pristig is not approved for use in children and adolescents.

#### Who should not take Pristig?

#### Do not take Pristin if you:

 are allergic to desveniafaxine, ventafaxine or any of the ingredients in Pristiq.
 currently take, or have taken within the last 14 days, any medicine known as an MAOI Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristig before you take any MAOI

have low sodium levels in your blood

are pregnant or plan to become pregnant. It is not known if Pristig will harm your unborn baby

are breastfeeding Pristiq can pass into your breast milk and may harm your baby Talk with your healthcare provider

about the best way to feed your baby if

you take Prist.q.

#### What should I tell my healthcare provider before taking Pristig?

Tell your healthcare provider about all your medical conditions, including if your

- · have high blood pressure
- have heart problems
  have high cholesterol or high triglycerides
  have a history of stroke
- have glaucoma
- have ludney problems
- have or had bleed ng problems
- · have or had seizures or convulsions have mania or bipolar disorder
- have liver problems

•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions
Rare, but potentially life-threatening, conditions called serotonin syndrome or
Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medic nes
such as Pristig are taken with certain other medic nes. Serotonin syndrome or NMS-like reactions can cause senous changes in how your brain, muscles and digestive system work.

#### Especially tell your healthcare provider if you take the following:

- · medicines to treat migraine headaches
- known as triptans St. John's Wort
- · MAOIs (including linezoild, an anthone)
- · tryptophan supplements
- siłbutramine
- tramadol
- · medic nes used to treat mood disorders, including tricyclics, lithium selective serotonin reuptake inhibitors (SSR(s), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these med cines

Before you take Pristing with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristing?"

Pristiq contains the medicine desventalaxine. Do not take Pristiq with other medicines containing veniafaxine or desveniafaxine.

#### What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristing affects you.
- Avoid drinking alcohol while taking Pristig

#### What are the possible side effects of Pristig?

Pristly can cause serious side effects, including:

See the beginning of this page.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristig?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and
- hearing things that are not real) coma
- nausea vomiting confusión
- increase in blood pressure diarrhea
- · loss of coordination fast heart beat · increased body temperature · muscle stiffness
- Pristly may also cause other serious side effects including:
- New or worsened high blood pressure (hypertension). Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq
- Abnormal bleeding or bruising. Pristig and other SMRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin. NSAIDs (non-steroidal anti-inflammatory drugs) or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- Glaucoma (increased eye pressure)
- Increased cholesterol and triglyceride levels in your blood
- Symptoms when stopping Pristiq (discontinuation symptoms). Side effects may
  occur when stopping Pristiq (discontinuation symptoms), especially when therapy is
  stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects

Some of these side effects may include:

- dizziness Irritability
- nausea sleeping problems (insomnia)
   tiredness
- abnormal dreams
  - · headache

- sweating anxiety
- · Seizures (convulsions)
- •Low sodium levels in your blood. Symptoms of this may include headache difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include halflucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fata. Contact your healthcare provider if you think you have any of these side effects

Common side effects with Pristig include:

- nausea headache dry mouth
- Insomna
- diarrhea
- constipation
- loss of appetite tremas
- vomiting anxiety
  - delayed orgasm and ejaculation · sweat ng tredness

· decreased sex drive

- dizziness.
- sleepiness d lated pupils
- These are not all the possible side effects of Pristig. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pnstiq.com.or call our tol.-free number 1-888-Pristiq

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact information

Please visit our web site at www.pristig.com, or call our toll-free number 1-888-Pristig to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www wyeth com or call our medical communications department toll-free at 1-800-934-5556



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A healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. Diet is an important part of pregnancy. Eat a healthy diet that contains lots of fruits and vegetatives and foods fortified with toxic acid. According to the U.S. Government women who plan to have a child should be sure to take sufficient levels of folio acid. (4.00 micrograms per day) Juring pregnancy to help prevent neural tube defects and reduce the risk for cieft lip, and paiate. When folio acid is taken one month before conception and throughout the first himsester. It has been proven to reduce the risk for neural tube defects by 50 to 70 per cent. Be sure to receive proper prenatal care, guit smoking, and drively your freatilit care providers guidelines for toods to avoid during pregnancy. Foods to avoid may not jude aw or undercooked seafood, therefore perk or poultry, definates on meats. Est that contain high levels of mercury smoked readood, this exposed to industrial pollutants, raw shelffsh or eggs, soft cheeses, unpasteurized milk, pate californe, accordance with IPS regulations. © 2010 Smills Train.



## Get some retail therapy-without spending a dime

Spruce up your wardrobe-and celebrate your girlfriendswith a fun and stylish (and free!) clothing swap. By Laura van Straaten

y friends and I all love clothes. We love talking about them. We love showcasing our latest finds. We love sharing the triumphs of a satisfying bargain hunt or sample sale. When visiting one another, we're likely to end up spending at least a few minutes in the closet for a little sartorial show-and-tell. And all of us wish we could afford to spend more money on them-and perhaps take more fashion risks.

Four years ago, I decided to take our shared passion to a new level and throw a style swap, a now-annual event my friends and I look forward to and "save up for"-not our dollars, but our spiffiest castoffs. Here's how it works: I invite friends whose style I admire to bring over clothes and accessories they never wear (but would hate to throw out) and swap them for new stuff they'll love. Everyone browses and tries everything on together. And once each guest is armed with her pile of new threads, whatever has gone unclaimed is sent to charity. A style swap is a way to make shopping an event, not an errand-and to give your clothes another shot at life before they hit the landfill. It is eco-friendly, inspiring, and fulfilling. It's fashion... for free.



It's so much fun that the last two years, my friend Holly has joined me as cohost, making the four-hour trip from Washington, DC, to New York City with her bag of discards. We keep it intimate-under a dozen people-and try to set a collaborative (not grabby) vibe, encouraging each guest to channel her inner Rachel Zoe and act as a personal stylist to the others. At first, most of us are shy about pawing through other people's stuff and trying clothes on in front of people we do not know. But then we begin to share the stories of each item ("That used to be my first date' skirt!"). Before you know it, folks who have never met before are racing around half-naked and begging one another to try on colors and styles they might not usually consider (as well as broadcasting any potential liabilities: itchy collars, flats that "feel too flat"). Still, as much as we love the thrill of new clothes, my guests and I are not merely material girls. We're all thrilled to give our old duds a chance at new love and appreciation, instead of just letting them accumulate in "an accusing pile," as my friend Joanna puts it, on the floor of the closet.

A style swap isn't only a cheap and fun way to refresh our wardrobes, however; it's also a body-image rehab session. One year I





#### Party planner

As a host, Laura (in yellow, opposite page, with Deva and Christine) fosters a collaborative, not competitive, vibe. She serves champagne and transforms her living room into a chic boutique so guests like Emme (left) and Deva (below) can relax while they "shop the swap."

### Successful swap secrets

The who, when, and how of hosting a fruitful exchange

Swap between seasons. During transitional periods like early spring or fall, people tend to sort through their closets as they switch out their wardrobes for the next season, so it's a good time to gather and exchange castoffs

Round up a good crew. Cast a wide net by inviting more than just your closest friends. If you have an acquaintance whose style you admire, tell her so and invite her. She'il be flattered, and you'll get to add her offerings to the mix. Encourage guests to invite their stylish friends too.

Set expectations. Ask people to bring five to 25 quality pieces that are in good condition and stain-free—items you would be proud to give a friend. Encourage not only clothes but coats, shoes, handbags, fragrances, and unopened cosmetics. Invite guests two to three weeks in advance so everyone has time to sort through her closet.

Viva variety! Invite a broad enough group so that every guest will find clothes in her size range. No one wants to be the only petite or the only size 14.

Watch your timing. Choose a time of day when people won't expect a full meal so you can all stay focused on the swap itself. Consider a tea from 3 to 5 p.m., wine and cheese from 4 to 6 p.m., or a light brunch.

Build a buzz. When you send your invitation, lay out a few guidelines for how your swap will work so guests know exactly what to expect. Not everyone is comfortable with the idea of wearing used items—or undressing in front of strangers! Be sure to highlight one or two offerings from your own pile to get folks in the mood ("I'm looking for a taker on my shearling peacoat, unworn Banana Republic wedges, and two cute tops from DKNY").

Grab and go. Remind everyone to bring a bag to tote their "new" items home

Rack 'em up. Have on hand' hangers (ask guests to bring a few extra), one or two clothes racks, a shoe rack, and sturdy garbage bags or boxes to pack unclaimed items for charity. Your local dry cleaner might lend you a clothes rack on wheels.

## Living

donated a pair of Western-style Lucky jeans that made me feel like a flat-butted cowboy carrying water balloons in my pockets. My friend Amy is an avid runner, someone I think of as way more fit than I will ever be. When she slipped into my jeans, they cupped her in all the right places. Meanwhile, Holly urged me into a pair of white pants that made me feel leggy and trim, and her dancer legs and tush gave new life to a pair of my old wool trousers. Our bodies may be shaped differently, but we all felt giddy preening about in our new Sisterhood of the Those-Look-So-Much-Better-On-You Pants.

The loot tends to be a lot of basics from all the stores we know and frequent: the Gap, Club Monaco, plus some no-name boutiques-jeans, sweaters, plain black skirts, with some trendy stuff from H&M or BCBG and athletic wear from Lululemon often thrown in as well. Somehow, though, every year a handful of luxuries surface. This year, there was the colorful Missoni sweater-donated by Alison-which became the one thing everyone had to try on before it found a good home. And the vibrant Hermès scarf, which Kim's cranky colleague

had given her out of guilt for being so difficult to work with. (Emme wore it home guilt-free.) And my cobalt-blue motocross-style jacket, which made me look too

boyish, like Speed Racer, but which turned Kim into Speed's cutie-pie friend Trixie.

Truth is, there's as much thrill in seeing someone fall in love with a piece you brought to the party as there is in finding something you can't wait to wear. And when two people want the same item (which happens more than once every year), instead of a catfight, we end up with an arms race of politeness-"You take it!" "No, you take it!"-until finally others chime in and say whom the item suits best. At a style swap, all that self-talk about what will and will not look good on you gets drowned out by the gleeful exhortations of others. That's how Holly found herself being talked into taking a flowing floral skirt to wear as a strapless top over leggings. And how Christine got Alison, Deva, and Holly to try on and take home vintage '60s hostess dresses. (Christine herself came away with a bohochic pile including fur-trimmed boots, a green suede jacket, and a paisley Diane von Furstenberg dress). The whole party turns the nightmarish dynamic of the high school girls' locker room on its head.

And did I mention the free clothes? R



Friendly group feedback helps everyone take a few style risks without becoming fashion victims.

> Playing dress-up Alison (above) might never have tried (or even found) this dress in a store, but the group gave it the thumbs-up. Alison **buttons Trish (right)** into an Asian-Inspired top that's a perfect fit.





Ready, set, swap! How to set up "shop."

- Put out nibbles. Offer light options like fruit and yogurt (no one wants a bagel belly while trying on clothes) and simple finger foods as a buffet so the focus stays on the clothes. And stock up on plenty of napkins-you don't want greasy fingers ruining that sik top you have your eye on.
- Set the scene. Create the experience of browsing and shopping in a quirky boutique. When guests arrive with their bundles, greet them and urge them to help themselves to drinks and snacks while you "merchandise" the clothes. Fold everything neatly, and arrange by item type or color.
- ■Establish a no-shop zone. Ask guests to leave their own shoes, coats, and purses by your front door. It can be hard to tell what belongs to whom once the swap gets going, and no one wants to find that the shoes she wore to the party have walked out the door with another guest.
- Break out a little bubbly. Festive drinks make your event feel more like a party and less like an awkward communal dressing room. Wine is fine for an evening swap. For brunch, go with mimosas: Buy an inexpensive

Champagne or prosecco and serve with OJ and grapefruit juice.

- Spread the wealth. See that everyone leaves satisfied, especially those who donated great items to the swap. Some people are naturally assertive about trying stuff on, but many need to be drawn out and encouraged a little.
- Accessorize! Make sure shoes, bags, and jewelry get their due time and consideration, especially toward the end of the party. That way, a guest who perhaps didn't find a lot of clothes that fit her can still go home with shoes and a purse she loves
- Undress the part. Don't forget to wear undies and a braithat you feel like flaunting!





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#### Now to find more room for everything

My kitchen is supersmall, with only a few cabinets and minimal counter space. Everything seems to accumulate on the counters, which leaves me with no room to prepare meals. How can I find a place for everything and keep my counters clear? - Kristina Tenney, 28, Ansonia, CT

First, only items you use every day belong on your countertop. This might be a toaster or a coffee pot. That's it. Anything else should find a home on a shelf, and the things you use only once or twice a year should be stored elsewhere. Second, consider a wall-mounted shelf above the counter where you can store that coffee pot or a toaster. Third, make sure you're maximizing the cabinets you do have by adjusting shelves so there's no dead space between items. Shelves not adjustable? Purchase a few grid stacking shelves or under-shelf baskets (there are affordable options at the Container Store and organize.com) to double your storage space. Then consider buying a narrow rack with shelves that can be hooked over a door to hold cans or spices, or consider investing in a grid system you can hang over a backsplash or on a wall.

Finally, it might be time to really clean out your cupboards. Most people only use 20 percent of what they own in any category—that means you're probably using only a fifth of all the dishes, glassware, and pots and pans you own. If you don't use it, get rid of it! And consolidate what you do have—bulky packaging takes up a lot of room. Transfer dry goods, like cereal, flour, and sugar, to smaller containers or even heavy-duty freezer storage bags.

My house is just under 1,000 square feet, and each bedroom has one tiny closet. How do you organize a clothes closet that small? I can't even find organizers that fit! -Shelley Frady, 43, Chattanooga, TN

It's easy to create a custom closet in even the smallest of spaces. First, get a few steel-wire shelf dividers (available for \$7 at the Container Store) and place them along your top shelf to separate clothing into piles of T-shirts, sweaters, jeans, and so on. Second, don't underestimate the importance of great hangers. Plastic hangers may seem like an upgrade from wire ones, but I've found they take up far too much space and aren't good for your garments. (Because they're made for men's suits, they tend to stretch out sweaters and T-shirts.) Instead, try wood

or acrylic. I also like Huggable Hangers (20 for \$20 at hsn.com), because they're slimmer than average hangers and can really conserve closet space.

Then, group short items, like skirts and tops, at one end of your closet rod, and hang long garments, like dresses, at the other. I recommend buying a double-hang closet rod, which you suspend from your existing rod, automatically doubling your hanging space. And don't keep unused hangers on the rod! Place a basket at the bottom of the closet, and when you take a garment, throw the hanger inside. That way, you can always find a hanger quickly when you need one.

I consider myself a shoe-ista! I keep every pair of shoes and boots I own in the boxes they come in. With more than 200 pairs, how can I keep all of my favorite ones without having to designate a bedroom just for my collection? - Cheri Ambrose, 48, East Hanover, NJ

This is an impossible question—you want the shoes and you want the space, but you can't have both! The key is to figure out why you have so many pairs: Do you simply enjoy collecting them, or do you truly feel like you wear them all? If it's the former, try to come up with a fun way to store the shoes so you can maximize your appreciation for them. For example, I once worked with a client who built a storage unit along her bedroom wall so she could display her shoes as a sort of art installation. It was fun for guests to look at and gave her a mental boost whenever she saw it.

If your collection is more functional, then it might be time to weed through and figure out what you truly use. First, organize shoes by category (dressy, casual, work) and by color (brown, black, red) and do a preliminary sort. You might find that you have eight or nine pairs of essentially the same shoe. Once you get rid of the worn-out ones, the ones that hurt, or the ones you never wear, you'll have a much more manageable collection. The ones you use most often can be placed on a shoe rack, while seasonal ones can be stored.

How long should you keep the boxes that come with small appliances or electronic items? I keep them in my garage, and it's time to get rid of a few of them.

-Laura DuBard-Wren, 55, Lithia Springs, GA

Never keep any packaging beyond the length of time you actually could or would return an item, which is probably within the first two



Easy organizing!

5 readers will each win a Julie Morgenstern for Franklin Covey wirebound daily planner and leather wirebound cover. Value of set. \$120. Enter at redbookmag.com /winit. See page 225 for details.

weeks or month of owning it. (News flash: The likelihood that you'll actually find the box and pack the item in it in case you move a few years from now is next to zero!) But save the owner's manuals even though many are available online, it can be time-intensive to track down the information you need when you need it. Better to simply store hard copies of owner's manuals in a filing-cabinet folder. Weed through it once a year and toss any instructions that are obsolete.

#### How to clear up the paper piles

Between the mail and papers coming home from school, I can't seem to keep on top of paper clutter in my house. Any advice? —Allissa Witham, 33, West Dundee, IL

things you can toss without guilt+right now!

Kitchen items you haven't used in a year or longer. If you've never used your breadmaker or panini press, the odds you'll use

it in the near future are pretty slim. Donate the bulky appliances and enjoy the extra space

- 2 junk drawer. There's a reason The entire contents of your you call it that! Think you might have some useful items stored there? Empty the whole drawer into a box, and any time you use an item. place it back in the drawer. At the end of the month, toss whatever's eft in the box and rename the newly
- 3 Clothes that no longer lit. They make it more difficult to search your closet to find the things you do wear. If you truly believe they'll fit at some point in the near future, then box and store them until then
- School work from high school or college. The material is most likely outdated, and the chances you'll refer to it again are slim. Savel

your favorite papers in an archival box, but toss the notebooks, texts and handouts

- Baby gear. Safety standards change so quickly that car seats and cribs are generally outdated just a few years after they're manufactured. Plus, they take up a lot of room. Keep only if you're already working on baby number two
- Random receipts. If you don't know what they're for, or if they're for basic items (groceries) toiletries, lunch) that you don't need to record for taxes or expenses, get
- Half-used bottles of shampoo. conditioner, or makeup you tried only once. If you don't like the product enough to use it every day. you won't like it in a few months' time!
- Books you've never read. or books that you'll never re-read. Donate them and save space on your shelves for the books that speak to your soul.

Paper clutter isn't an organizing problem; it's a time-management problem. Why? Because most paper represents a task: something to read, digest, or make a decision about. So the solution is to build time into your schedule to process, respond to, and file the papers that come into your home—whether via the mail or in your child's backpack. These are your home office hours, and you can break them up how you want. Maybe it's 15 minutes each day or two hours on a weekend, but you do need to deal with the influx on a regular basis so it doesn't build up. To make the process easier, designate a home information center where you have room to write and spread out papers. And—this is key—make this the spot where you actually open the mail! Get two trays—one for incoming mail and one for outgoing papers that need action, such as bills to be paid and field-trip forms to be signed—and one portable file box. Create hanging folders for each family member, subdivided into folders for category (for example, your daughter might have folders for camp info, dance classes, etc.), then go through these folders every season, tossing outdated material.

Since my husband and I combined our stuff, we can't agree on how to file documents. For example, do your bank statements go under "Bank" or "Chase"? -Melanie Shannon Hill, 32, Culver City, CA

Most people get confused when they try to combine their filing systems, but, contrary to popular belief, there is no "right" way to file. So the person who deals with the most paperwork should be in charge of creating a filing system, as well as creating a one-page filing index that explains that system. This index should be placed in a clear sleeve and stuck to the outside of the filing cabinet, so a spouse can easily file without asking for directions. Finally, if paperwork is a chore for both of you, try giving your files more meaningful names. For instance, switching the name of a folder from Financial Planning to Wealth or from Future Vacation Plans to Living the Dream highlights your emotional connection to the goals the papers represent, and might inspire you both to keep them in order.

#### How to straighten up after others

I have four kids ranging in age from 4 to 19. Three play instruments including the tuba!—and the 4-year-old has This is how meningococcal meningitis can look just 24 hours before it claims a child's life.

Menactra vaccine is recommended for 11-18 year olds to help prevent meningococcal disease. Talk to your doctor and visit www.menactra.com

1-888-2MENACTRA (1-888-263-6228)

Important Safety Information: Menactra vaccine is given to persons 2 through 55 years of age for active immunization. against invasive meningococcal disease caused by N meningitidis serogroups A, C, Y, and W-135.

Menactra vaccine will not stimulate protection against infection caused by N meningitidis other than serogroups A. C. T. and W-135.

Side effects to Menactra vaccine include injection site pain, redness, and swelling; headache or fatigue.

Other side effects may occur. Vaccination should be avoided by persons with known hypersensitivity (severe allergic reaction) to any ingredient of the vaccine, including latex (which is used in the vial stopper), or by any persons previously diagnosed with Guillain-Barré syndrome. There is a potential for an increased chance of Guillain-Barré syndrome following vaccination. Vaccination with Menactra vaccine may not protect all individuals. For more information about Menactra vaccine, talk to your health-care professional.

Menactra vaccine is intended for use in preventing invasive meningococcal disease caused by N meningitidis serogroups A, C, Y, and W-135 in persons 2-55 years of age. Menactra vaccine has not been proven to eliminate any of the potential consequences or any outcomes of the disease...

Please see full patient information on the adjacent page.

You are encouraged to report negative side effects of vaccines to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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#### Menactra •

Meningococcal (Groups A,C,Y and W-135) Polysaccharide Diphtheria **Toxoid Conjugate Vaccine** 

sanofi pasteur

The vaccines division of sanofi-aventis Group

Patient Information

# Menactra® Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine

R. on

What is in this patient information sheet?

This sheet provides information and answers common questions consumers may have about Menactra vaccine. It is not intended to take the place of talking with your health-care professional. Rather, it is meant to inform you so that together you can make the best possible choices concerning your health. Vaccines, like all other medications, have risks and benefits. Together with your health-care professional, you should consider this as well as other important information concerning Menactra vaccine.

What is Menactra vaccine and what does it do?

Menactra vaccine is given to protect persons 2 through 55 years of age against meningococcal disease. It allows the body to produce enough antibodies to provide a defense against the bacteria that cause meningococcal disease. Vaccination with Menactra vaccine may not protect all of the people who get the vaccine.

• Meningococcal disease is a serious illness that is caused by bacteria. These bacteria may cause meningitis, an infection of the brain and spinal cord coverings. They also can cause septicemia, a very serious blood infection. Although meningococcal disease is rare (about 1400 to 2800 cases are reported each year), onset and progression of the disease can be very rapid. Approximately 10% of cases of meningococcal disease are fatal despite medical treatment, and 11% to 19% of those who survive have permanent disabilities, such as limb amputation, hearing loss, and brain damage.

#### Who should receive Menactra vaccine?

Menactra vaccine is intended for persons 2 through 55 years of age.

#### Who should not receive Menactra vaccine?

- Any person who has a known hypersensitivity (severe allergic reaction) to any ingredient of the vaccine, including latex, which is used in the vial stopper, or to any person who has had a life-threatening reaction after getting a vaccine containing similar components
- Any person who has been previously diagnosed with Guillain-Barré syndrome (GBS)
- Children younger than 2 years of age or adults older than 55 years of age

When should extra care be used?

The health-care professional should make sure the benefits of vaccination outweigh the risks when recommending Menactra vaccine for:

· Women who are pregnant or nursing

Women who are pregnant or become aware that they were pregnant when they received Menactra vaccine should contact their health-care professional or Sanofi Pasteur Inc. at 1-800-822-2463.

#### How is Menactra vaccine administered?

A single dose of Menactra vaccine is injected into the muscle of the upper arm (preferably) of persons 2 through 55 years of age.

It should be noted that clinical studies have been conducted to show that Menactra vaccine is safe when given at the same time as Td (tetanus and diphtheria) and typhoid vaccines.

#### You should tell your health-care professional if you or your child:

- Has been previously diagnosed with Guillain-Barré syndrome (GBS) or any brain disorder
- Is pregnant or nursing

This information should not take the place of talking with your health-care professional about Menactra vaccine.

What are possible side effects of Menactra vaccine?
While side effects from vaccine administration are always possible, people receiving Menactra vaccine may not experience any side effects at all.

The most common local side effects with Menactra vaccine include pain, tenderness, redness, hardness, and swelling at the site of injection. Systemic side effects include headache, fatigue, weakness, body aches, diarrhea, and loss of appetite. These side effects usually clear up within a few days. If events continue or become severe, tell your doctor. There is a potential for an increased chance of Guillain-Barré syndrome following vaccination. Other adverse events are possible. Please consult with your health-care professional.

What ingredients are present in Menactra vaccine?

Menactra vaccine contains noninfectious meningococcal A, C, Y, and W-135 polysaccharides that are attached to a diphtheria toxoid protein carrier. Sodium chloride and sodium phosphate salts are also present in each dose.

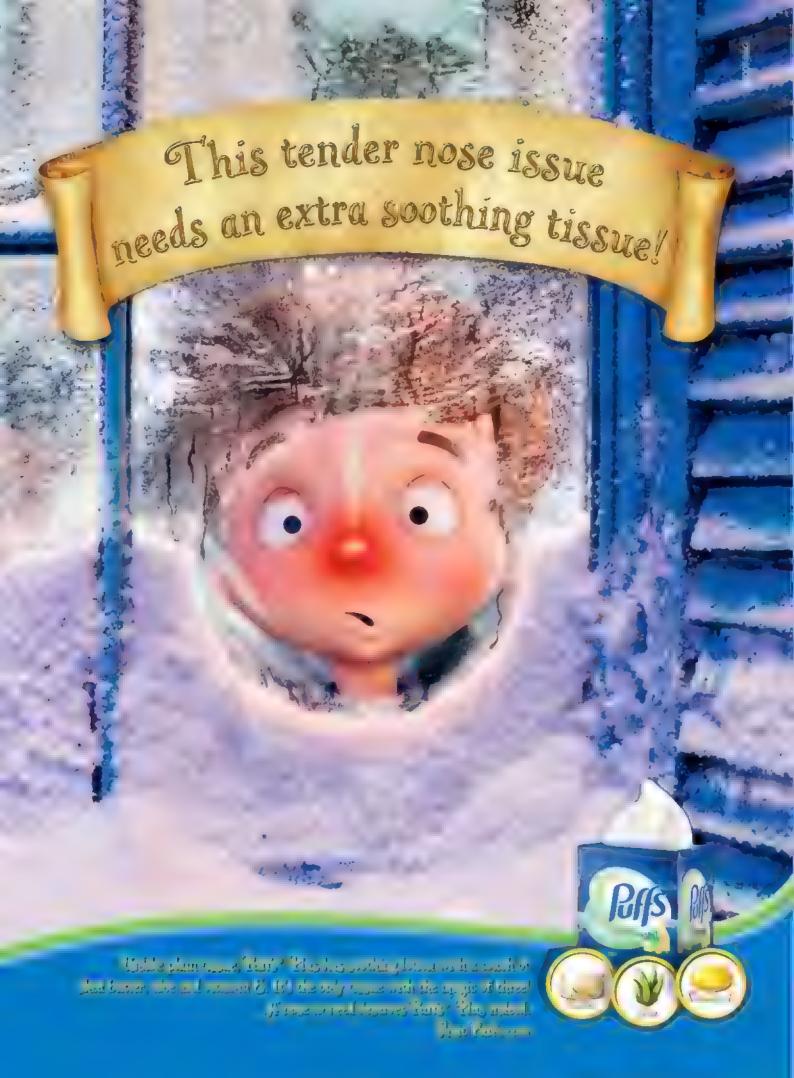
For more information about Menactra vaccine, talk to your doctor or health-care professional. You may also visit www.menactra.com.

This information is based on the Menactra vaccine full Prescribing Information dated April 2008.

Manufactured by: Sanofi Pasteur Inc. Swiftwater, PA 18370 USA

Product Information as of April 2008





# Living

toys scattered around the house. How do I organize my house so everyone can find everything? —Erica Orloff, 45, Richmond, VA

Think of a kindergarten classroom—those rooms are packed with kids doing different things, yet they're very orderly: There's a place for art, a place for blocks, and so on. The same idea can apply in your home. Since most of your kids play instruments, you could set up a music zone in one corner of the family room, where everyone stores their instruments and sheet music. In another

corner you could set up a game zone, where everyone—including the 19-year-old—keeps their toys, video games, or whatever else they might use in a communal area. You might also want to consider a labeling system where everyone is assigned a shelf, or a certain color sticker to be placed on his belongings, so anyone can tell in an instant whose stuff is whose.

My guy is a pack rat who keeps everything, including CDs and posters from college. How do I coax him to get rid of it all?

J.L. Scott, 29, Brooklyn, NY

A Clutter is never just junk—every item represents an attachment to a person or a memory or perhaps

a plan for the future, and it's important to respect that when it comes to your guy's possessions. Just like you can't make someone quit smoking or go on a diet, you can't make someone want to get rid of his stuff. He's a pack rat and you prefer a streamlined space? Come up with a compromise: Let there be certain rooms where he has the freedom to display and store his stuff, and you have the freedom to close the door. Then you can also designate some areas in your home that are neutral, communal spaces where both of you must agree on the decor. Start with a conversation where you explain how finding extraneous things strewn all over the house actually affects you and your interactions with him. Saying something like, "I understand why these things are important to you, but it's hard for me to relax and enjoy your company when our home seems cluttered to me; let's come up with a solution that doesn't affect either one of us or our relationship negatively," is one way to open up a dialogue about what you both need.

How do I keep my wild child's room organized? She has little plastic boxes for each pair of earrings, bracelet, or necklace, but everything still ends up on the floor! Argh! —Elaine Montejano Moore, 43, Fresno, CA

A She has a different box for each pair of earrings? That's overly categorized and too hard to maintain for an adult, let alone a tween. Instead, try giving her a large box for bracelets, a hook or

# The de-clutter commandments

Them you will who be be will these no-mess secrets that work

Take the first step. Organizing tasks generally fall into five distinct categories: belongings, finance, contacts information, and time. Pick the one area that drives you crazy—whether it's your jam-packed basement or your collection of Rolodexes—and begin there. Once you're done, you'll feel confident in your clutter-busting skills, and that much more motivated to move on to another category.

involve your family. Before you begin a project, ask your family for

input. What items are they always imisplacing? What would make a room leasier to manage? If you establish a system that makes sense for everyone land everyone understands how it works they if be much more likely to follow it.

Streamline a space. If the living room has become the dining room/home office/game zone/arts-and-crafts area/practice room, there's too much going on there—and too much opportunity for things to get lost. Designate a few primary uses for each room and stick to that list

Give your stuff the keep-or-toss test. Before you begin an organizing project, ask yourself: If everything in this room were gone tomorrow, what would limits? Chances are, only a few items will

come to mind—those are your treasures in the middle of a cleanup, referring back to the list can help make decisions easier if an item isn't a treasure, it's most likely fine to toss

Quit multitasking. Multitasking has been proven to impair brain function and diminish performance. Choose the top two or three activities that are most important to include each day, and focus on getting those done, one step at a time.

Prioritize PEP! PEP=Physical activity, Escapes, and People—a.k.a. the simple joys in life that get pushed aside all too often. The whole point of taking control of your stuff and your schedule is to give yourself the time and space you need for the things that matter most.

# SIMPLY ORANGE. TASTES AS FRESH AS A JUICY ORANGE.



The control of the co



two on the wall for necklaces, and a bowl to hold earrings. Then, to get your daughter to clean up after herself, set a timer for 10 or 15 minutes once a day, announce cleanup time, and supervise her while she does it. This way, there's no drama and the cleanup can easily be folded into her before-bedtime ritual.

#### How to find more free time

How can my family get chores done and still fit in family time? Everyone gets home around 4 p.m., and bedtime is 9. It is all work and hardly ever time for play at our house. Help! -Chrysti L. Clary, 28, St. Joseph, MO

Take a deep breath and relax! First, who said chores needed to get done before family time begins? Maybe family time would work best right at 4, when everyone can either share a snack or take a walk and ease into their afternoon routine.

Could it be that you're spending too much time on chores? In working with clients, I've found that housework should really take no more than 15 percent of your time. A good rule of thumb: Daily chores shouldn't take more than half an hour per person, per day. Larger chores should be pushed to a block of time on a weekend morning. Ideally, the whole famıly would pitch in to work on those bigger projects, which speeds up the work and creates an extra block of family time.

For day-to-day tasks, I recommend applying the four D's: Delete, Delegate, Diminish, and Delay. For example, say part of your daily routine is tidying up the kitchen. Is it necessary to mop the floor each night, or can you delete that task or diminish it into a quick sweep? Can doing the dishes be delegated to your husband or one of your older children? And can heavy-duty cleaning, like cleaning out the refrigerator or organizing the cabinets, be delayed until the weekend? Once you have your answers, you'll be surprised at how much time you're able to free up.

What's the best way to get my family involved in household chores without nagging?

-Amy Nordstrom, 38, Erie, PA

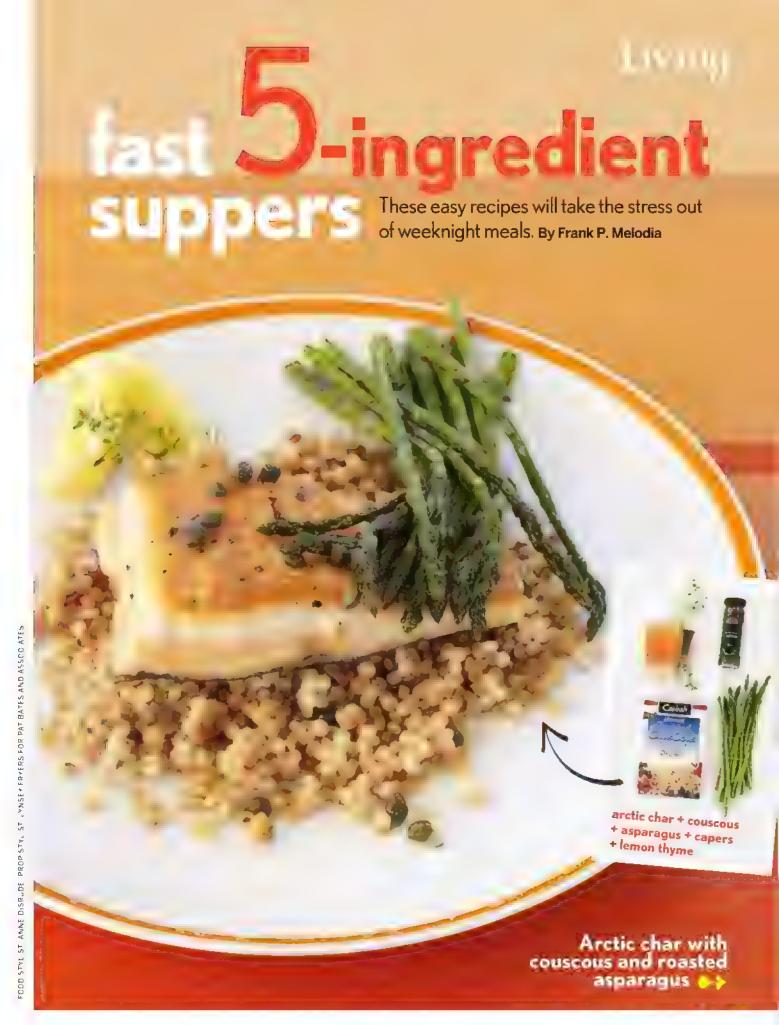
As parents, we often think household chores are obvious, when really, they might not be. For a second, imagine your home is a company and you're the boss. You would never expect a new hire to automatically know exactly how to do a job, and the same goes for your kids. Be concrete and specific to let your kids and your guy know what needs to be done. For example, tell them that taking out the trash really means that the bags are taken out before 6 p.m. and tied tightly, the can is disinfected, and a new trash liner is put in. Once your family learns what you expect, don't micromanage. Just like in the workforce, letting each family member take ownership of their responsibilities is a great motivational tool.

I'm a full-time teacher with three children. I want to find time to go to the gym, but how do I do that when there are so many professional and family responsibilities that I also need to handle? -Kendal Brue, 37, West Harrison, IN

First, figure out how many times a week you want to exercise, then take a fresh and creative look at your schedule. If you want to work out three times a week, you really need to find or free up three full hours. Maybe you can wake up early one weekday morning to take a walk, have your husband watch the kids while you work out to a yoga DVD one evening, then squeeze in a family exercise session on the weekend. Remember: Working out doesn't have to take place at the gyma bike ride or long weekend walk with your family counts! Maybe you can find other coworkers who also want to exercise and set up a time during lunch or after work to work out together. The key is to look for those hidden pockets of free time in your schedule, then claim them for yourself by scheduling exercise just as if it were one of the professional or family commitments that you wouldn't break unless it were an emergency. R







#### 5-ingredient suppers

#### Arctic char with couscous and roasted asparagus

Preptime: 5 minutes Cooking time: 24 minutes

21/2 Tbsp olive oil 13/4 cups Israeli couscous

- 1 (3/4-lb) bunch pencil-thin asparagus, ends trimmed
- sprigs lemon thyme
- 1/2 tspeach kosher or coarse sea salt and freshly ground pepper
- skin-on arctic char fillets (5 to 6 oz each), scaled
- 1 Tbsp capers, drained
- 1 Tbsp unsalted butter

Lemon wedges (optronal)

- 1. Heat oven to 450°F. Heat 1 Tosp of the oil in a medium saucepan over medium-high heat, add couscous and, stirring constantly, toast until light amber in color, about 2 minutes. Add 13/4 cups water, bring to a boil. reduce heat to low, cover, and simmer 8 to 10 minutes, until water has been absorbed and couscous is aldente Fluff with a fork
- 2. Meanwhile, on a baking sheet, toss asparagus and thyme sprigs with 1/2 Thisp of the oil and half of the salt and pepper. Roast 10 minutes or until crisp tender
- 3. Pat fish dry and season with remain ing salt and pepper. Heat remaining oil in a large nonstick skillet over medium-high heat until shimmering. Add fish to skillet, skin side down. and cook undisturbed for 3 minutes; turn fillets and cook until fish is just cooked through, about 2 to 3 minutes longer. With a slotted spatula, transfer fish to a large plate
- Deglaze skillet with ½ cup water, scraping up browned bits; add capers and butter, remove skillet from heat, and swirl until incorporated.
- 5. To serve, mound couscous on each plate and top with fish and roasted asparagus. Spoon caper sauce over fish. Serve with lemon wedges, if desired.

Makes 4 servings.

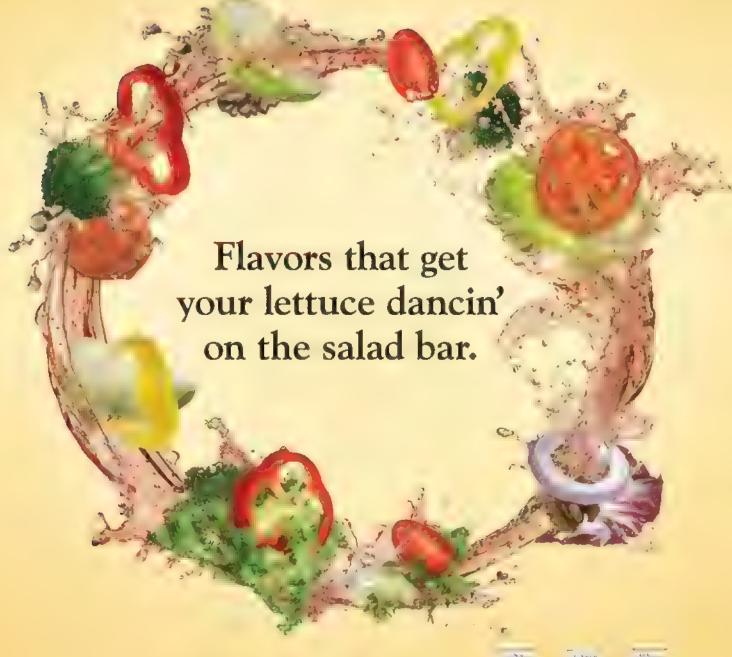
Each serving: 501 cat, 17g fat, 33g protein, 53g carb



- 1. Place a steaming basket in a large saucepan with a tight-fitting lid: fill with 1 inch of water and bring to a boil. Remove tough outer leaves from artichokes and cut a ½ inch off the tops. Trim stem ends and lightly peel. Place artichokes, stem end up, in steaming basket. Cover; steam until tender, about 15 minutes. Remove artichokes with tongs to a cutting board and cool. Quarter artichokes lengthwise.
- 2. Meanwhile, in a medium saucepan, bring potatoes and enough cold water to cover by 1 inch to a boil, boil 15 minutes or until fork tender. Drain well, reserving ½ cup cooking water; return potatoes to saucepan with reserved cooking water, 2 Tosp of the oil, horseradish, and 1/2 tsp of the salt; mash until nearly smooth. Keep warm
- 3. Sprinkle steak with peppercorns, gently pressing pepper into meat; season with remaining salt. Heat 1 Tbsp of the oil in a large nonstick skillet over medium-high heat. until shimmering, sear steaks 3 minutes or until browned all over. Continue to cook steaks, turning frequently, 6 to 7 minutes or until internal temperature registers 135° F for medium rare or to your liking. Remove steaks to a plate and let rest 5 minutes.
- Wipe skillet with paper towels and heat remaining oil over medium heat. Add artichokes and saute 2 minutes or until lightly browned. Serve steaks with mash and artichokes.

Makes 4 servings.

Each serving: 520 cal, 24g fat, 35g protein, 40g carb



#### Newman's Own® All-Natural Salad Dressings.

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Learn more about our mission at www.newmansownfoundation.org.

#### 5-ingredient suppers



- Ib tender, young mustard or collard greens, stems removed, leaves torn into bite-size pieces, and rinsed
- 4 brioche, challah, potato, or French sandwich rolls, spirt
- Ib trimmed pork tenderloin, cut on the diagonal into 8 medallions
- 1 tsp kosher or sea salt
- 1/2 tsp freshly ground pepper
- 3 Thsp olive oil

Thinly sliced red onton

- 4 thin slices Colby or cheddar cheese (packaged or deli sliced)
- Place wet mustard or collard greens in a medium pot over medium-high heat; cover and steam 1 to 2 minutes, stirring once or twice, until wilted, Drain greens well in a colander.
- Heat broiler. Place rolls, cut sides up, under broiler 1 to 2 minutes or until fightly to asted. Set aside.
- Pound pork medallions between 2 heavy plastic food-storage bags with a meat mailet until cutlets are a scant ¼ inch thick. Season cutlets with half of the salt and pepper
- 4. Heat 1½ Tosp of the oil in a large nonstick skillet over medium-high heat until shimmering. Fry cutlets in 2 batches until lightly browned and just cooked through, about 1½ to 2 minutes per side. Transfer to a plate; cover first batch with foil to keep warm.
- Add remaining oil to drippings in skillet over medium-high heat, add greens and remaining salt and pepper and saute 2 minutes.
- 6. For each sandwich, place a few thin slices of red onion on bottom halves of toasted rolls. Sandwich a cheese slice between 2 fried cutlets and place on top of onion slices. Divide sauteed mustard greens over pork and replace roll tops, toasted side down.

Makes 4 servings.

Each serving: 466 cal, 21g fat, 38g protein, 31g carb

## Lemon pasta with squash and pancetta

Prep time: 15 minutes
Cooking time: 10 minutes

- cup mascarpone cheese, softened
- lemon, zested and juiced (2 tsp zest, 2 Tbsp juice)
- ½ tsp each kosher salt and freshly ground pepper
- 2 tsp olive oil
- 2 oz thinly sliced pancetta
- Ib small-to-medium summer squash (zucchini and yellow squash), thinly sliced
- 12 oz dried tagliatelle or fettuccine pasta
- Tosp unsalted butter, softened

Grated Parmesan cheese (optional)

- Bring a large pot of lightly salted water to a boil.
   Combine mascarpone, lemon zest and juice, salt, and pepper in a large serving bowl; set aside.
- Heat oil in a large skillet over medium heat; add pancetta and fry until crisp, about 4 minutes.
   Drain on paper towels and reserve. Add squash to drippings in skillet and saute 2 minutes or until just barely tender, then scatter over top of mascarpone mixture, cover bowl with foil to keep warm.
- Add pasta to boiling water and cook according to package directions.
- 4. Drain pasta, reserving 1/2 cup pasta cooking water.

Add pasta to bowl along with butter and half of the reserved pasta water; gently toss until pasta is evenly coated, adding more pasta water if needed. Crumble reserved pancetta in large pieces over pasta; toss again. Serve with grated cheese, if desired.

Makes 4 servings. Each serving: 613 cal, 38g fat, 17g protein, 54g carb

Pasta + pancetta + mascarpone + squash + lemon





# Roasted tarragon chicken with spring carrots and peas

Prep time: 10 minutes Cooking time: 40 minutes

- 3 Tosp unsalted butter, softened
- 1 Thsp chopped fresh tarragon leaves
- 1/2 tspeach kosher salt and freshly ground pepper
- 1 (3¼-lb) chicken, quartered, wing tips removed, trimmed of excess fat
- 1 Tbsp olive oil 1/2 cup reduced-sodium chicken broth
- 2-3 bunches baby carrots (about 16 carrots total), tops trimmed to Linch
- 2 cups fresh or frozen green peas, thawed if frozen
- 1. Heat oven to 400°F. Mix butter, tarragon, and half of the salt and pepper in a small cup to combine. Smear butter mixture under skin of chicken pieces (and smear skin with any remaining herb butter).
- 2. Heat oil in a large cast-iron or ovenproof nonstick skillet over medium-high heat. Add chicken, skin side down; cook 6 minutes or until golden brown, Turn pieces; lightly brown second side 2 minutes. Add broth to skillet and place in overi. Roast 30 minutes, until chicken is cooked through
- While chicken cooks, bring 4 cups water to a boil in a medium saucepan; add carrots and blanch 3 minutes, until very crisp-tender. Drain; refresh under cold water
- 4. Remove chicken to a serving plate, keep warm. Place skillet with drippings on stovetop over medium heat. Stir in carrots and peas and cook, stirring constantly, 2 to 3 minutes, until peas and carrots are crisp-tender. Spoon vegetables onto plates and top with chicken.

Makes 4 servings.

Each serving: 604 cal, 38g fat, 50g protein, 14g carb



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#### 5-ingredient suppers

#### Spanish torta

Prep time: 10 minutes Cooking time: 36 minutes

- 6 Tbsp extra-virgin olive oil
- large (14-oz) Spanish onion, thinly sliced
- 11/4 lb russet potatoes, cut into 1/4-inch-thick slices
- 10 large eggs
- 11/4 tsp kosher salt
- 1/2 tsp freshly ground pepper
- small head frisée, torn into small pieces (4 cups)
- 1 Tbsp sherry vinegar, or to taste
- Heat over to 350°F Heat 1Tbsp of the oil in a large nonstick skillet over medium-high heat. Add onion: saute until translucent and starting to lightly carametize, 6 to 8 minutes; transfer to a large bowl.
- In the same skillet, heat another 2 Tbsp of the oil over medium heat. Add
  potatoes, cover with lid, and cook 12 to 14 minutes, tossing several times,
  until potatoes are tender yet still hold their shape and are lightly browned.
  Transfer potatoes to bowl with onions
- 3. In a medium bowl, whisk together eggs, 1 tsp of the sait, and ¼4 tsp of the pepper; pour over potato mixture and gently stir to combine. Add another 1 Tbsp of the oil to an ovenproof 10-inch skillet, preferably cast-iron, and heat over medium heat until oil is shimmering. Pour egg mixture into skillet, spreading mixture evenly. Cook until edges start to set and brown, about 3 minutes. Cover skillet with lid and place in oven. Bake until eggs are just set, about 15 minutes longer. Remove skillet to stovetop and loosen edges with a flexible rubber spatula.
- Toss frisée with remaining oil, vinegar, and remaining salt and pepper. Cut torta into quarters and transfer to serving plates. Mound frisée on top of each serving

Makes 4 servings.

Each serving: 493 cal, 33g fat, 20g protein, 30g carb



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# The Recipe for a Good Start.

What better way to bring your family together than over a delicious meal.

Make Ragú® No Frying Chicken Parmesan tonight. No need to fry the chicken first, since the dish cooks right in the oven. And with one fewer pan to clean, you can spend more time with your family, less time in the kitchen.





Feed our kids well."

For more recipes and tlps for a good start, visit Ragu.com

#### Ragú® No Frying Chicken Parmesan

Servings: 4 Prep Time: 10 minutes Cook Time: 30 minutes

#### WHAT YOU NEED.

- 4 boneless chicken breast halves
- 1 egg, beaten
- 34 cup Italian-seasoned dry breadcrumbs
- 1 jar (1 pound 10 ounces) Ragú® Old World Style® Pasta Sauce
- 1 cup shredded mozzarella cheese

#### HOW TO MAKE IT:

- 1. Dip chicken in egg, then in breadcrumbs.
- Arrange chicken in 13-by-9-inch baking dish. Bake uncovered at 400°F for 20 minutes.
- Pour Pasta Sauce over chicken; top with cheese. Bake 10 minutes or until chicken is thoroughly cooked.

#### 'Good Start' Tip:

Get the dish on the day's happenings—dinnertime is the perfect setting to get the conversation started.



#### Veggies your kid won't want to share. Even with his best friend.

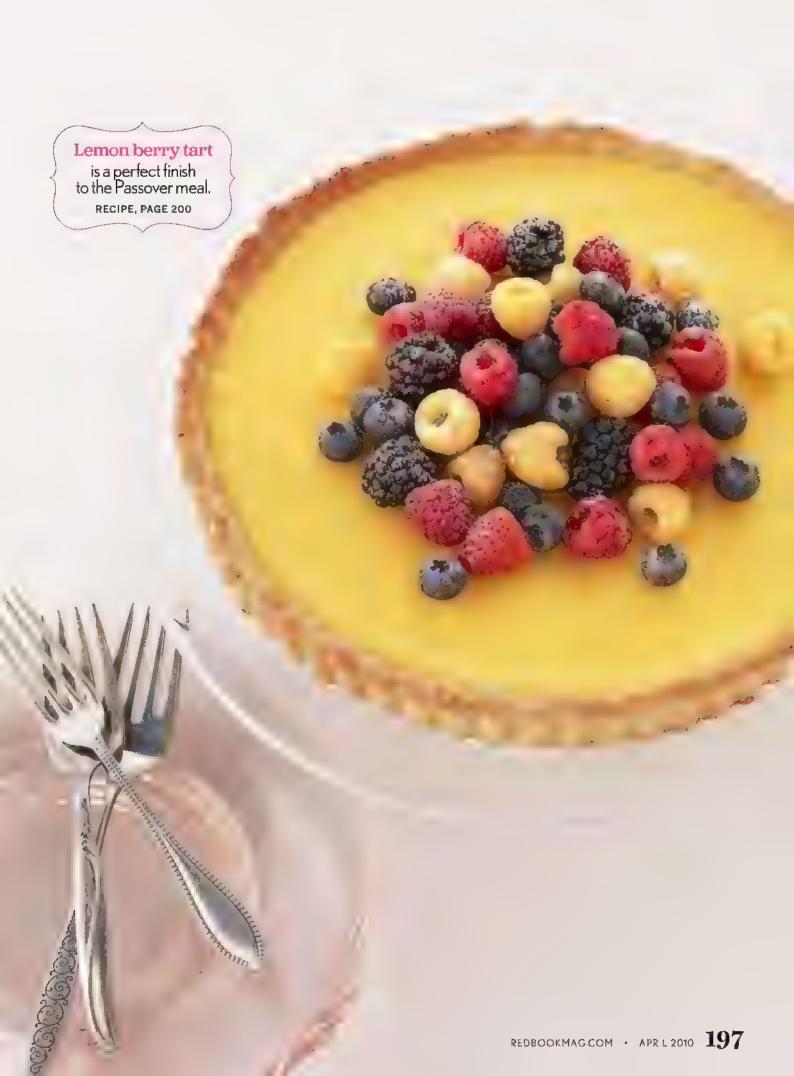
With all natural Ragú<sup>8</sup>, your kids get more than a full serving of veggies' tucked into a sauce they'll actually love to eat. What a surprise.

Feed our kids well."



# Sweet Occasions





#### Sweet Occasions



#### FOR EASTER

#### Lemon marshmallow cake

Prep time: 45 minutes Cooking time: 45 minutes (includes topping)

21/2 cups cake flour

- 2 tsp baking powder
- 1/2 tspeach baking soda and salt
- 3/4 cup (11/2 sticks) unsalted butter, softened
- cup granulated sugar
- Tbsp grated lemon zest
- large egg plus 3 large egg whites

- tsp vanilla extract 11/4 cups buttermilk LEMON SYRUP
- 1/2 cup sugar
- 1/4 cup each water and fresh lemon iuice

FILLINGS

- cup heavy cream
- Thsp confectioners' sugar
- 2/3 cup lemon curd (recipe, below)

1/2 cup seedless raspberry preserves or jam, stirred to loosen

MARSHMALLOW TOPPING

- 4 large egg whites at room temperature
- cup granulated
- 1/4 tsp cream of tartar
- 1 tsp vanilla extract

- Cake: Heat oven to 350°F. Coat two 8x2-inch round cake pans with baking spray; line bottoms of pans with parchment or
- Whisk flour, baking powder, baking soda, and salt in a medium bowl until blended. Beat butter, sugar, and lemon zest in a mixer bowl with paddie attachment on medium speed until light and fluffy, about 3 minutes; beat in egg, then egg whites and vanilla. until blended. With mixer on low, alternately beat in flour mixture and buttermilk until incorporated. Increase mixer speed to medium and continue to beat batter 2 minutes, until very smooth. Divide batter between pans and spread tops until level and smooth.
- 3 Bake 33 to 35 minutes, until pick inserted in centers comes out clean. Cool cakes in pans on a wire rack 5 minutes. Loosen edges of cakes with a knife and unmold onto rack, remove paper, inverticakes and cool completely on racks
- Lemon syrup: While cakes are baking, combine sugar and water in a small saucepan and bring to a boil. Simmer, stirring, until sugar is dissolved. Remove from heat; stir in lemon juice.
- Filling: Beat cream and confectioners' sugar in mixer bowl with whisk attachment until stiff, with billowy peaks forming when beaters are lifted. Place lemon curd (see recipe, below) in a medium bowl and stir 1/2 cup of the whipped cream into it to loosen; then fold in remaining whipped cream until combined.
- To assemble: Cut each cake layer in half horizontally using a serrated knife. Place one layer on a cake plate protected by strips of waxed paper; brush all over with lemon syrup, then spread one third of the jam (about 21/2 Tbsp) over to cover. Top with one third of the lemon cream and gently spread over jam layer. Top with another cake layer, brush with lemon syrup, then spread with preserves and more lemon cream. Repeat with the third layer. Brush the cut side of the last cake layer with lemon syrup. and place cut side down on top of cake. Brush the top and sides of cake with any remaining syrup. (At this point the cake can be covered and refr gerated up to 1 day ahead before finishing with marshmallow topping.)
- Marshmallow topping: Place egg whites, sugar, and cream of tartar in a large metal bowl. Set over a saucepan of simmering water Whisk constantly until sugar is dissolved and whites are very warm to the touch, about 4 minutes. Transfer mixture to bowl of stand mixer Beat 5 to 7 minutes, starting on low and gradually increasing to high until stiff, glossy peaks form. Beat in vanilla. Spread over top and sides of cake with a metai spatula in decorative swirls. Using a handheld butane crème brûlée torch, lightly brown the marshmallow topping. Serve immediately or refrigerate up to 2 days.

Makes 12 servings.

Each serving: 497 cal, 24g fat, 7g protein, 64g carb

#### **LEMON CURD**

Prep time: 5 minutes Cooking time: 7 minutes In a heavy 4-quart saucepan, meit 3/4 cup (11/2 sticks) unsalted butter over mediumlow heat; remove from heat and

stir in 3 Tosp lemon zest, 3/4 cup fresh lemon juice, 1½ cups sugar, 10 large egg yolks, and 1/4 tsp salt Cook over mediumlow heat, whisking constantly, until mixture thickens and your finger leaves a path on the back

of a wooden spoon when you draw across it. Do not allow the curd to boi. Curd will thicken as it chals. Strain cord through a sieve into a bowl. Press plastic wrap directly against surface of curd. Coot to room temperature, then refr gerate until cold and thick. (Will keep for 3 weeks in the refrigerator or for 3 months in the freezer)

Makes 2 cups

Each (1-Tbsp) serving: 94 cal, 6g fat, 1g protein, 10g carb

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HEART HARRIST

\*Source: Conservatree



#### Sweet Occasions

#### FOR PASSOVER

#### Lemon berry tart

Prep time: 20 minutes

Cooking time: 1 hour and 10 minutes

#### CRUST

- 3/4 cup matzo cake meal
- 1/4 cup sugar
- 2 Thsp potato starch
- 1/4 tsp kosher salt
- 1/2 cup (1 stick) cold unsalted butter, cut in small pieces
- large egg yolk, beaten with 3 Tbsp ice water

FILLING

- 1/2 cup lemon juice
- 6 large eggs
- 1 cup sugar
- 1/2 cup (1 stick) unsalted butter, cut in 8 pieces
- 1 Tbsp grated lemon zest TOPPING (optional) 11/2 cups mixed berries

Passover confectioners' sugar

- Crust: Butter the bottom of a 9-inch tart pan with a removable bottom In a food processor, pulse cake meal, sugar, potato starch, and salt until blended. Add butter; pulse until coarse crumbs form. Drizzle yolk mixture over crumbs; process until dough clumps together. With fingers, press dough onto bottom and up sides of prepared pan. Prick bottom of dough in a few places with a fork; place in freezer 20 minutes.
- 2. Heat oven to 375°F Line tart shell snugly with nonstick foil and fill with pie weights or dried beans. Bake 20 minutes. Remove foil and weights, bake 12 minutes longer, or until crust is golden brown Let cool
- Filling: In a medium saucepan over low heat, whisk together lemon juice, eggs, and sugar until well blended. Cook, stirring constantly with a heat proof rubber spatula, 5 minutes or until mixture is hot. Whisk in butter, a few pieces at a time, until just melted and fully incorporated. Continue to cook, stirring constantly and scraping bottom of pan with rubber spatula, 3 to 5 minutes or until filling is thick and smooth (do not let mixture



boil). Scrape filling through a fine-mesh sieve into a medium bowl. Stir in lemon zest. Pour filling into tart shell and smooth top. Bake until filling is set, 18 to 20 minutes. Cool tart in pan on a wire rack (Can be made up to 2 days ahead and refrigerated.)

Just before serving, top with berries and lightly dust with Passover confectioners' sugar, if desired.

Makes 10 servings.

Each serving: 361 cal, 22g fat, 5g protein, 38g carb

Check out redbookmag.com /sweetoccasions for two more great recipes. Chocolate cannoli cake for Easter and Strawberry lime cheesecake for Passover.





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## Living



Bake chicken in foil for a meal that's low in fat and calories-but big on taste.

STEP1 Heat oven to 375°F

STEP 2 Choose one of three sets of toppings: Tangy Tropical: 1/4 cup of fruity salsa Easy Italian: 1/2 cup stewed tomatoes, 1/2 tsp chopped garlic, 4 tsp Italian seasoning Spicy Tex-Mex: 1 tsp fajita seasoning mix, 1/2 cup sliced onions and bell peppers, lime juice STEP 3 Cut a 6-oz raw lean chicken breast into 1/2-Inch slices, season with salt and pepper, cover with your toppings of choice, and wrap in foil (see box below). If you don't eat meat, use a portobello mushroom instead.

STEP 4 Bake for 25 minutes. Allow packet to cool for a few minutes, then cut to release steam before opening it entirely (Careful: The steam'li be hot!) Per serving (entire pack): 200 to 230 calories, 2g to 2.5g fat, 4g to 9g carbs, 38g to 40g protein

Want more fun-with-foil recipes from Hungry Girl? Go to redbookmag com/hungrygirlfoil





15 winners will each receive a copy of Lisa Lillien's new book, Hungry Girl 1-2-3 Value of each \$20 Enter at redbook mag.com/winit See page 225 for details. For more hints, tricks, and recipes from Hungry Girl, sign up for daily emails at hungry-girl.com.

#### Know how to fold 'em

Your foil packs don't have to be beautiful, but they do have to hold in steam and liquid. Here's how to put them together.



Place food in the center of 12 nches of fo Grab the short ends of the for and bring them together above the food



Foldorro the foil down a few times to create at gnt seam so steam won t escape while cooking



Fo d or roll in the open ends to form a well-sealed enve ope

# 20,000 fun things to do with an empty juice carton.

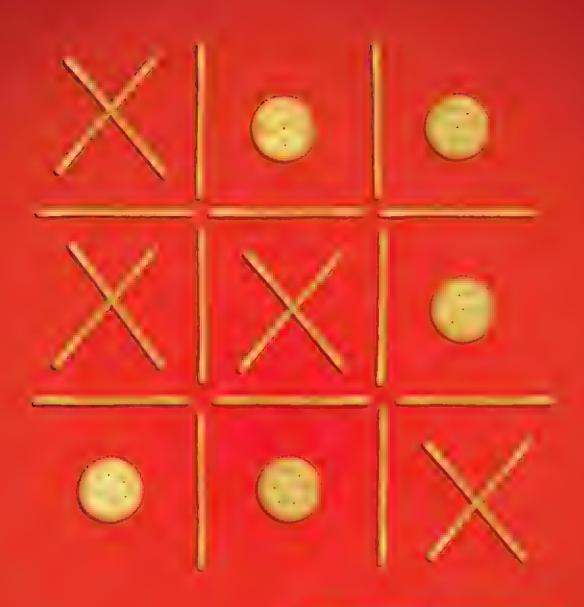


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## Osteoporosis: Get The Facts



Dr. Theresa Lawrence Ford

Rheumatology, Immunology, Osteoporosis

North Georgia Rheumatology Group PC

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• If I have postmenopausal osteoporosis, am I more likely to break a bone?

#### **Dr. Lawrence Ford:**

Actually, fractures due to osteoporosis are more common than you may think. It's estimated that women experience more osteoporosis-related fractures every year than have a stroke, heart attack or breast cancer combined.

Q: What can I do?

**Dr. LF:** Ask your doctor about Once-a-Month Actonel. It's been clinically proven to help reverse bone loss and can help increase bone strength to help prevent fractures.

Actonel is a prescript on medication to treat postmenopausal osteoporosis.

Important Safety Information for Actonel® (risedronate sodium) tablets.

You should not take Actonel if you are allergic to any of the ingredients, if you have problems of the esophagus which delay emptying into the stomach, if you have low blood calcium (hypocalcemia), have kidneys that work poorly, or cannot stand or sit upright for 30 minutes. Stop taking Actonel and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow dosing instructions carefully to lower the chance of these events occurring.

Side effects may include stomach pain, upset stomach, or back, muscle, bone or joint pain, sometimes severe. Contact your doctor for medical advice about side effects, or if you have questions about Actonel. Promptly tell your doctor if you develop dental problems, as serious jawbone problems have been reported rarely.

You are encouraged to report side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Actonel Patient Information on the adjoining page.



Actionel' is a registered trademark of Warner Chilcott Company 11C

#### Patient Information: ACTONEL® (AK-toh-nef) Tablets

ACTONEL (risedronate sodium) tablets 5 mg, ACTONEL (risedronate sodium) tablets 35 mg, ACTONEL (risedronate sodium) tablets 75 mg, and ACTONEL (risedronate sodium) tablets 150 mg for Osteoporosis. Read this information carefully before you start to use your medicine. Read the information you get every time you get more medicine. There may be new information. This information does not take the place of taking with your healthcare provider about your medical condition or your treatment. If you have any questions or are not sure about something, ask your healthcare provider or pharmacist.

#### What is the most important information I should know about ACTONEL?

ACTONEL may cause problems in your stomach and esophagus (the tube that connects the mouth and the stomach), such as trouble swallowing (dysphagia) heartburn (esophagits), and ulcers. You might feel pain in your bones joints, or muscles (See "What are the Possible Side Effects of ACTONEL?").

You must follow the instructions exactly for ACTONEL to work and to lower the chance of serious side effects. (See "How should I take ACTONEL?").

#### What is ACTONEL?

ACTONEL is a prescription medicine used:

- to prevent and treat osteoporosis in postmenopausal women
- · to increase bone mass in men with osteoporosis
- to prevent and treat osteoporosis in men and women that is caused by treatment with steroid medicines such as prednisone
- to treat Paget's disease of bone in men and women.
   The treatment for Paget's disease is very different than for osteoporosis and uses a different dose of ACTONEL. This leaflet does not cover using ACTONEL for Paget's disease. If you have Paget's disease, ask your healthcare provider how to use ACTONEL.

ACTONEL may reverse bone loss by stopping more loss of bone and increasing bone strength in most people who take it leven though they won't be able to see or feel a difference. ACTONEL helps lower the risk of breaking bones (fractures). Your healthcare provider may measure the thickness (density) of your bones or do other tests to check your progress.

#### Who should not take ACTONEL? Do not take ACTONEL if you:

- · have problems of the esophagus which delay emptying
- · have low blood calcium (hypocateemia)
- cannot sit or stand up for 30 minutes
- have kidneys that work poorly
- have an allergy to ACTONEL. The active ingredient in ACTONEL is risedronate sodium. (See the end of this leaflet for a fist of all the ingredients in ACTONEL.)

#### Tell your doctor before using ACTONEL if:

- you are pregnant or may become pregnant. We do not know if ACTONEL can harm your unborn child
- you are breast feeding or pran to breast-feed. We do not know if ACTONEL can pass through your milk and if it can harm your baby
- you have kidney problems. ACTONEL may not be right for you.

## Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal supplements.

ACTONEL can interact with other medicines. Keep a list of all the medicines you take. Show it to all your healthcare providers including your dentist and pharmacist, each time you get a new medicine.

#### How should I take ACTONEL?

The following instructions apply to all patients taking ACTONEL:

- Take ACTONEL exactly as prescribed by your healthcare provider
- Taxe ACTONEL first thing in the morning before you eat or drink anything except plain water
- · Take ACTONEL while you are sitting up or standing
- Take ACTONEL with 6 to 8 ounces (about 1 cup) of plain water. Do not take it with any other drink besides plain water.
- Swallow ACTONEL whole **Do not chew** the tablet or keep it in your mouth to melt or dissolve.
- After taking ACTONEL you must wait at least 30 minutes ner one:
  - lying down. You may sit stand, or do normal activities like read the newspaper or take a walk.
  - eating or drinking anything except plain water
  - taking vitamins, calcium, or antacids. Take vitamins calcium, and antacids at a different time of the day from when you take ACTONEL.
- Keep taking ACTONEL for as long as your healthcare provider tells you.
- For ACTONEL to treat your osteoporosis or keep you from getting osteoporosis, you have to take it exactly as prescribed.
- If you miss a dose of ACTONEL, call your healthcare provider for instructions
- If you take more than your prescribed dose of ACTONEL, call your healthcare provider right away
- Your healthcare provider may tell you to take calcium and vitamin D supplements and to exercise.

#### What is my ACTONEL schedule?

ACTONEL tablets are made in 4 different dosages (amounts). How often you should take your tablet depends upon the dosage that your doctor has prescribed (recommended) for you.

- 5 mg tablets are yellow. One tablet should be taken every day in the morning.
- 35 mg tablets are orange. One tablet should be taken once a week in the morning.
- 75 mg tablets are pink. One tablet should be taken in the morning two days in a row every month.
- 150 mg tablets are blue. One tablet should be taken once a month in the morning.

If you miss your dose in the morning, do not take it later in the day. You should call your healthcare provider for instructions.

#### What should I avoid while taking ACTONEL?

- Do not eat or drink anything except water before you take ACTONEL and for at least 30 minutes after you take it. (See "How should I take ACTONEL?").
- Do not be down for at least 30 minutes after you take ACTONEL
- Foods and some vitamin supplements and medicines can stop your body from absorbing (using) ACTONEL Therefore do not take anything other than plain water at or near the time you take ACTONEL.

#### What are the possible side effects of ACTONEL? Stop taking ACTONEL and tell your healthcare provider right away if:

- swallowing is difficult or painful
- you have chest pain
- you have very bad heartburn or it doesn't get better

#### Possible serious side effects may include:

- esophagus or stomach problems, including uicers, pain, or trouble swa.lowing. Tell your healthcare provider if you have pain or discomfort in your stomach or esophagus.
- low calcium and other mineral disturbances. If you already have one (or more) of these problems, it should be corrected before taking ACTONEL.

- pain in bones, joints or muscles, sometimes severe. Pain may start as soon as one day or up to several months after starting ACTONEL.
- jawbone problems in some people, which may include infection and slower healing after teeth are pulled. Tell your healthcare providers, including your dentist, right away if you have these symptoms.

#### Common side effects include the following:

- · back and joint pain
- upset stomach and abdominal (stomach area) pain
- short-lasting, mild flu-like symptoms, which are reported with the monthly doses and usually get better after the first dose.

#### Other possible side effects may include:

- Allergic and severe skin reactions. Tell your healthcare provider if you develop any symptoms of an allergic reaction including: rash (with or without blisters), hives, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing or swallowing.
- Eye inflammation. Tell your healthcare provider if you get any eye pain, redness, or if your eyes become more sensitive to light.

Call your doctor for medical advice about side effects.
You may report side effects to FDA at 1-800-FDA-1088.

#### How should I store ACTONEL?

- Store ACTONEL between 68°F to 77°F (20°C to 25°C).
- Keep ACTONEL and all medicines out of the reach of children.

#### **General information about ACTONEL:**

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ACTONEL for a condition for which it was not prescribed Do not give ACTONEL to other people leven if they have the same symptoms you have. It may harm them.

#### What if I have other questions about ACTONEL?

This leaflet summarizes the most important information about ACTONEL for esteoporosis. If you have more questions about ACTONEL, ask your healthcare provider or pharmacist. They can give you information written for healthcare professionals. For more information, call 1-877-ACTONEL (tol.-free) or visit our web site at www.actonel.com.

#### What are the ingredients of ACTONEL?

ACTONEL (active ingredient): risedronate sodium

ACTONEL (inactive ingredients). All dose strengths contain crospovidone, hydroxypropyl cellulose, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, silicon dioxide, and titanium dioxide.

Dose-strength specific ingredients include: 5 mg—ferric oxide yellow, lactose monohydrate: 30 mg—lactose monohydrate: 35 mg—ferric oxide red. ferric oxide yellow lactose monohydrate; 75 mg—ferric oxide red; 150 mg—FD&C blue #2 aluminum lake.

ACTONEL® is marketed by: Procter & Gamble Pharmaceuticals, Inc. Cincinnati, Ohio 45202

sanofi-aventis U.S. LLC Bridgewater, NJ 08807 DECEMBER 2009

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The Alliance for Better Bone Health

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GiaDa



HomeFront

A few new things to make your house a little homier.

# Bring the outside in

What could be easier than shopping for home decor from your couch? Tune in to QVC and check out the affordable new line created by interior designer Tracy Hutson from Extreme Makeover: Home Edition. Then look around your room and see what you need! We love the nods to nature in her floral piliows (only \$40 for the pair, below), driftwood-framed mirror, and leaf-shaped napkin rings, qvc.com.



#### Everyday cookware

Grada DeLaurentiis's new cookware collection, sold exclusively at Target, offers some genius finds, including cake and cookie pans with handles (so you won't leave an oven-mitt thumbprint in your baked goods) and a single-serving pasta scoop. She's also got a yummy line of pastas, sauces, pestos, and more a few aisles over Buon appetito! target.com





Thanks to these unbeatable prices\*, that look you've always loved in the magazine can now be the look in your bedroom.



Watch your bedroom bloom with Citrus Blossom bedding from Better Homes and Gardens."

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# What's your laundry

#### The **Minimalist's** Kit

Don't want to devote too much brain space—or shelf space—to your laundry routine? To really pare down your wash-day essentials, says Harold Baker, a.k.a. "Dr. Laundry," use one all-purpose detergent for every job: to wash regular loads, diluted for delicate washes, and as a stain pre-treatment. You'll also need:

- Chlorine bleach to brighten whites
- Oxygen bleach to boost colors (it also works as a pre-soak to eliminate stubborn underarm stains and other pesky problems)

## The **Everywoman's** Inventory

Add these tools to the Minimalist's products to keep your clothes looking newer, longer:

- Mesh wash nets for delicates
- Drying rack
- Soft toothbrush to work detergent into stains
- Steam iron

# personality?

#### The **Perfectionist's** Stockpile

There truly is a specialty product for every laundry challenge—and we've listed the best below. Add them to the Everywoman's Inventory, and you'll be ready for any washroom dilemma:

- Mild detergent for silks, wools, and delicates
- Powder detergent for heavily soiled or muddy clothes (Dr. Laundry says these items respond best to powder)
- Fabric softener or driver sheets (Warning: never use any fabric softener on absorbent items like towels: it decreases absorbency)
- Stain pre-treater
- Solvent-based cleaner, like Goo Gone or Goop, for oily stains

- Bleach pen, for targeted stain removal
- Steamer for delicate fabrics Try Joy Mangano's My Little Steamer (\$30, hsn.com)







#### **Laundry rules** that apply to everyone

No matter what your laundry personality, there are a few universal musts for washing clothes:

- Don't let stains sit. Experts agree that the best way to fight stains is to treat them immediately. Stash a treatment like Tide to Go or Shout Wipes in your purse for instant stain relief. If you can't address a stain right away, treat it as soon as you get home. Even if you wait a couple days to actually launder the item, the pre-treatment will help prevent the stain from setting.
- Sort your garments. If you're lazy about sorting, your clothes will suffer. Always divide washables into whites, lights, darks, and towels (which can leave linty bits on other garments). Even alreadywashed dark garments can bleed dye into wash water, making any light clothes in the load look dingy. Whitewhites should be washed with a chlorine bleach, to keep them bright. As you sort, turn darks inside out to protect them from friction, which leads to fading; unfurl socks and cuffs to release dirt from creases; empty pockets; and fasten zippers, hooks, and buttons to prevent snags.
- Don't overfill the machine. Clothes need room to move in the water; if the washer is too full, clothes won't get properly cleaned. Packed machines also cause more abrasion and wear on fabrics. Steve Boorstein, the "Clothing Doctor," recommends filling top-loading washers two thirds full and front loaders about three quarters full.
- Choose an appropriate cycle. The regular cycle is suitable for most cotton garments, and delicate/gentle should be used for lightweight and loosely woven materials like silks. The permanent press (or easy-care) setting is great for minimally soiled clothes because it agitates for a shorter time, finishes with a cool rinse, and spins more slowly than the regular cycle.
- Don't let laundry sit in the washing machine. In just hours, wet laundry can breed bacteria or mold. Your terry-cloth towels may come out of dryer smelling fresh, but as soon as they get damp again (as you're drying off after a shower), they'll stink of mildew.
- Maintain your machines. After every load, leave the washer's lid or door open for a bit to let moisture evaporate, and clean the dryer's lint screen after each use

### What is that stain?

All stains are either water- or oil-based. To identify a stain, look at its border.

Water-based stains have a very distinct outline; these stains are easy to treat at home with liquid detergent or stain remover. Oilbased stains have no clear outline; use a stain remover specifically formulated for oily stains, like Goo Gone, or consider handing the stained garment over to the dry cleaner.

#### Minimalists, take note:

Method's new hand-soap-size pump bottle of concentrated laundry detergent can tackle 50 loads of laundry! No pouring, no spilling, no mess.

Available unscented and in two scents, (\$15, methodlaundry.com)



50 LOADS



## When posing for family photos, nobody screams "tortilla."

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- 1. Stop overlaundering. Clothes should be cleaned when they look, smell, or feel dirty. Instead of washing barely worn garments, air them out on a hanger and then return them to the closet for a second wearing, says Cheryl Mendelson, author of Home Comforts: The Art & Science of Keeping House.
- 2. Measure detergent carefully. Most detergent companies have switched to ultra-concentrated formulas of both regular and High Efficiency (HE) detergents, so read the label-you may need less detergent per load than you're used to. Not only does oversudsing waste money, but excess detergent can leave a residue on clothes and your washing machine.
- 3. Chose a shorter wash cycle. If garments are only lightly soiled, a shorter cycle will get them clean using less water and energy, lowering your utility bill.
- 4. Opt for cold water. The majority of the energy consumed in laundering is used to heat the water. Shop for a cold-water detergent, which is specially formulated to work well in a cold-water cycle. Heavily soiled loads often require warmer water, but you can always rinse with cold.
- 5. Don't overdry. Air-drying keeps dark clothes looking vibrant, preserves elasticity in stretchy clothes, and cuts energy costs. When you do use the dryer, use automated dryer settings: Sensors on today's machines dry your clothes without overdrying, which can cause cloth fibers to become brittle and shrink.
- 6. Find coupons online. Major manufacturers offer discount vouchers and promotions on their websites.

Make sure your laundry room is well lit, says Steve Boorstein. Working in poor light limits your ability to see stains.

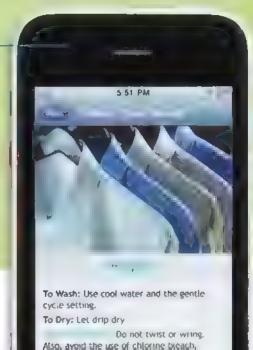
#### Perfectionists, take note:

Tide and Purex have handy new iPhone laundry applications. Both free apps offer stain guides; the Tide version also has consumer-to-consumer tips, and Purex offers fabric-care guidelines and clothing-label decoders.



#### WIN A WHILLPOOL WASHER OR HER SETT

3 readers will win a brand-new Whirlpool Cabrio washer and dryer. The largecapacity Cabrio duo can wash and dry three baskets of laundry in a single load-plus the washer uses less water per load than a traditional top-load washer, which can save you up to \$900 in lifetime water and energy costs. Value of set, \$2,400. Enter at redbookmag com/winit. See page 225 for more details.



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#### SPRINGTIME VALUES

Spring is here! Get off to a fresh start with these great brands—perfect for ushering in the new season. Whether you're cooking tasty dinners for loved ones, or turning your spring-cleaning into a fun family affair, these products are sure to help you make a smooth transition.

Go to funfamilyextra.com for more info from Thematics and REDBOOK on how to spruce up your home for spring-









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#### Elizabeth Arden

#### XPERT PANEL

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[MOVIE] MacGruber Only one man can cause massive de struction with a paper clip and three marshmallows: MacGruber! What started as an SNL spoof of the TV

ery and Kinnear's warmth keep the film's sentiment from melting into too much schmaltz. In theaters April 2

classic MacGyver is now a film starring Will Forte, Kristin Wilg, and Ryan Phillippe In theaters April 23.

[TV] Make room in your viewing schedule for two returning favorites—the fourth season of Army Wives kicks off April 11 (Lifetime), and The Tudors are back to their manipulative ways on the same day (Showtime)—plus an intriguing new reality kid on the block: On Bravo's 9 by Design, Cortney and Robert Novogratz, interior designers and the parents of seven kids, are truly a power couple, working together, redesigning homes, moving their large family 10 times in 10 years, and still living happily ever after. Premieres April 13.

[MUSIC] Fearless Love, Melissa Etheridge's 10th album and her most personal, reflects the singer's experiences as a breast cancer survivor, parent,

spouse, and activist, It's Melissa at her best: making tough and tender rock 'n' roll.

WIN IT! Enter to win one of 25 copies of Melissa's new album at redbook mag.com/winit. Value of each, \$14. See page 225 for details.

Above: MacGruber (Forte) and his sidekicks (Wing and Phillippe); below: Army Wives' Kim Delaney and Sterling K. Brown.

[800K] Sixteen Candles launched Molly Ringwald's career. This year, she's blowing out 42, and to celebrate she's written a memoir, Getting the Pretty Back: Friendship, Family, and Finding the Perfect Lipstick. Proving that her life didn't begin and end with a teen movie.

Molly shares an engaging mix of memories and advice that reminds us all over again why 40, even with its wrinkles, is way better than 16.

Molly grows up

WIN IT! 25 readers will each win a copy of Molly's book, Value of each, \$26. Enter at redbookmag.com

/winit. See page 225 for details



[MUSIC] Turn up R&B-pop artist Sia's excellent new album, We Are Born, and you'll hear exactly why Christina Aguilera asked the songbird to contribute to her upcoming album. Sia's catchy, sassy hooks and velvety voice will infuse your spring with an instant jolt of energy.



## Friday Night Lights's Principal Taylor gets a lesson in sisterhood.

You know her best as the sexy, down-to-earth wife of Coach Taylor on NBC's drama Friday Night Lights (catch the season-four premiere on April 30). Outside FNL, Connie Britton applies the same practical yet passionate attitude to global issues. Britton recently went to Africa as part of Women One2One (one.org/women), a newly launched campaign that raises awareness about and takes action against poverty and the preventable diseases affecting women worldwide. We asked her what she learned on her journey.

Women accomplish even more together. "I think women in particular feel that we have to shoulder the burden alone, and that becomes overwhelming. One of the most inspiring moments from Africa was being part of a delegation of women who are instrumental in changing the world there. There was an exciting sense of unity in our working together, and it made our goals more accessible."

Women have unique strengths. "I think women are particularly adept at empathy and compassion. And I'm not saying men aren't good at it. My boyfriend [writer Jason Mantzoukas] is really supportive, and it's always good to bounce things off him. But compassion is something women can access more easily, and it's so key to our world functioning. The women on this trip can now share their experiences and make [the situations we saw] a little less distant for everyone else."

Women need to connect. "My girlfriends inspire me. Even though we all are on our own paths, we keep each other going. My friends are a mirror for whatever I'm trying to accomplish, and they empower me. They're the people who encourage me to think outside the box and outside of myself, and each one of them does it in a different way. I don't think I could do what I do without them."



WIN IT! 50 readers will each win a One2One T shirt. Value of each, \$25. Enter at redbookmag.com/winit. See page 225 for details.

ONE

## **BOOKMARKS**

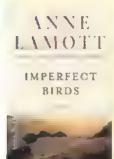
How to read the latest releases.



#### READ IT IN THE TUB Fireworks Over Toccoa

by Jeffrey Stepakoff It's the summer of 1945. and Lily Woodward can't wait until her soldier husband returns home. But when renegade

Jake Russo comes to town, sparks fly between him and Lily. Sure, it's the premise of a million romance novels, but because the author is a former Dawson's Creek producer, the characters are as compelling as in any juicy TV drama.

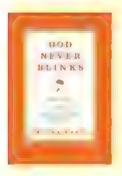


#### SHARE IT WITH THE CLUB

#### Imperfect Birds

by Anne Lamott The best-selling memoirist uses fiction to further explore parenthood in this page-turner. As Elizabeth Ferguson's teen daughter, Rosie, teeters between success and

self destruction. Elizabeth is never sure whether a parental nudge will push her in the right direction—or send her over a cliff. This novel explores all the heartbreak and hazards of being a mom.



#### **WE JUST LOVE IT**

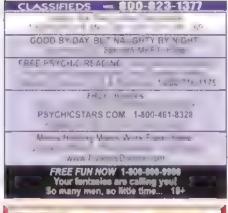
#### God Never Blinks: 50 Lessons for Life's Little Detours

by Regina Brett In this enchanting essay conection, Brett, a Pulitzer Prize finalist and columnist

for The Cleveland Plain Dealer, reflects on 50 common-sense phrases of wisdom. Buy two copies—one for you, one for your best friend.

WIN IT! We're giving away 20 copies of each book on this page! Value of each, \$22 to \$26 Enter at redbookmag.com/winit. See page 225 for details.







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## FILM FORUM

What to see—and whom to see it with

#### TAKE YOUR SISTER TO

#### City Island

Everyone in the quick-witted Rizzo family has a secret, and their close ties threaten to tear when a series of well-intentioned lies lead to a hilarious and chaotic chain of misunderstandings. Though it wraps up a tad too neatly in the end, this charming comedy (starring Andy Garcia and Julianna Marguilles) will take you on a fun, fast-paced ride.



#### **TAKE YOUR GUY TO**

#### Date Night

It's an age-old theme: married couple in a rut—they know they love each other, but where-oh-where has the spark gone? Enter the age-old solution: date night. But because stars Steve Carell and Tina Fey are the ones trying to rekindle the romance, the unexpected and hilarious is guaranteed to happen in this comedy

caper. Car chases, out-of-control hit men, Mark Wahiberg without a shirt—these are just a few of the trappings of this film's one enchanted evening

#### TAKE YOUR NEIGHBORS TO

#### The Joneses

The Joneses are the perfect family, attractive, charming, they get along beautifully—because it's their job. Literally. In this clever, unsettling dramedy, the Joneses are the ultimate salespeople, hired to become the family that everyone on the block wants to imitate, with the coolest phones, clothes, cars, lives. But as the "family" discovers, there's no such thing as the perfect life, even if you're paid to live it. Stars Demi Moore and David Duchovny.

#### TAKE YOUR KIDS TO

#### Oceans

Just in time for Earth Day, Disney Nature's new documentary is an exciting—and informative—deep blue adventure. Consider that three quarters of the earth's surface is covered by oceans, then consider all the things that can go right and wrong. Oceans is part thriller, part breathtaking homage, part wake-up call, and a field trip your whole family will enjoy.





## **Downtime**

## David Gray

The singer-songwriter/pop artist's charttopping breakout album White Ladder is still a must-have when you head out on a girls' weekend. You've danced at weddings to Gray's hit single "The One I Love."

And last fall you added a new favorite to your collection: Gray's newest album, the emotional Draw the Line, including "Full Steam," a bewitching duet with Annie Lennox, This spring, bring your girls, your guy, your kids and catch David on tour throughout May. For tour dates and locations, go to davidgray.com.

WIN IT! 30 readers will each win a copy of Draw the Line. Value of each, \$18. Enter at redbookmag com/winit. See page 225 for details.



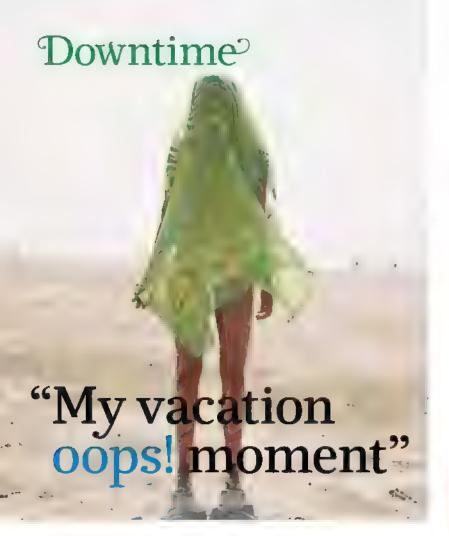
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Readers' tales of vacation memories they'd rather forget.

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Closing time

My husband and I were visiting the Great Synagogue in Florence, and we had a half hour before it closed for the city's two hour afternoon siesta. We wandered through that beautiful place and paid no attention to time, my husband, a rabbi, even climbed up to the pulpit. Suddenly darkness fell, quietly and totally, and we heard the door closing—we'd run out of time and were locked in! We frantically searched the walls for a light and had no luck, finally we found our way to the front door. In utter darkness, I groped the walls, and after many scary moments, I caught my fingers on a hook and a key so large it took both of us to turn it. The door swung open at last and we ran like thieves, laugning in relief!

Agnes Herman, San Marcos, CA

Making waves



On vacation in Jamaica, I decided to go with the flow of the island and bare much more than I would at home.
I went out on a raft wearing only a G-string and was sunning myself happily—when all of a sudden a giant

wave knocked me from my raft into the ocean. When I finally resurfaced, people came running from the shore to help me. I accepted the help until I realized I didn't have a top on So embarrassing! Christy Whitman, Exton, PA

#### Scene stealers

My daughter and I were traveling from London to Cambridge, and along the way we had to change trains. We were going down the escalator in the train station when I realized there were a number of people standing against the wall at the landing; they screamed at us to hurry and get off the steps. As soon as we stepped off the escalator, we were grabbed and lined up against the wall with the others. I was terrified—I thought we were in the middle of an international incident! Imagine my red face when I realized we had walked into the scene of a movie that was being filmed in the station.

Kathy Cummings, Satellite Beach, FL

Pocket performance



My husband and I recently took a trip to New Orleans. One evening we were walking around the French Quarter, stopping in various shops, when we heard a familiar song. We heard the same song in another shop, and yet

another. Then we heard another song by the same band. We thought it was very odd, but we continued on our way. Then we heard the music right in the street! At that point we were really wondering what was going on, thinking the French Quarter had some sort of speaker system that was all wired together. We actually tried to find the speakers! A shopkeeper came outside and heard the music as well; all she could say was, "That's New Orleans" there's music in the air!" Eventually my husband stopped and pulled his iPhone out of his jeans; the MP3 player was on. The music wasn't in the air, it was in my hubby's jeans! We had a long laugh over it.

Lauren Milligan, Warrenville, IL

#### Hot button

Two years ago, my boyfriend and I were in Milan. We were about to cross the street close to the main train terminal when I saw what looked like a phone booth with a big blue button. "Cool," I thought, "a big WALK button!" I pushed it—and discovered it was an emergency button when it triggered a deafening alarm! My boyfriend and I made a run for it and turned around 10 seconds later to see the phone booth with the blue button swarmed with police cars on all sides. Whoops!

Gloria Wong, Chicago



## Shopping Guide

#### THE BAMBOO BOOM

PAGE 50: Aromaflora Green Tea Bamboo Creme Glow Polish, \$25; fragrancenet. com Olivia Garden Comb, \$5, oliviagarden com. Fruits & Passion Influence Decorative Scented Ensemble, \$48; us.fruits-passion .com. Lather Bamboo Silk Foaming Face Scrub with Lemongrass, \$21, lather com Grassroots Research Labs Bamboo Leaf Ultra Soothing Anti-Redness Cream, \$33. Kohl's, konls.com. Sonia Kashuk Bamboo-Handled Makeup Brushes, \$13 to \$20 each; Target. Barex Aetó Botanica Bamboo & Wild Mango Fortifying Mask, \$30, and Bamboo & Yucca Fortifying Shampoo, \$27; oloffbeauty com for salons,

#### **BEAUTY CHECKLIST**

PAGE 54: MAC Give Me Liberty of London collection, \$12 to \$30; 800-588-0070, maccosmetics.com. Hourglass Prodigy Lip Gloss, \$26: hourglasscosmetics.com. Lauren Luke Looks book, \$22; amazon.com Benefit Stay Don't Stray primer, \$24; benefitcosmetics com.

#### **CAT-EYE LASHES**

PAGE 60: Laura Geller Beauty Ingenuity Lash Spackle Conditioning & Enhancing Eyelash Primer, \$18, QVC, qvc.com Clinique High Lengths Mascara, \$14, clinique.com

#### ITTY BITTY BEAUTY BOOTY

PAGE 62: For CVS Beauty 360 locations: beauty360.com. For Space NK locations. spacenk.com. For a Shu Uemura counter at Neiman Marcus shuuemura-usa com. For La Prairie counter locations: laprairie .com. Bare Escentuals 10-day trial of BareMinerals original or matte

**PAGE 114** 

SPF 15 foundation is available only during the month of April at Bare Escentuals Boutiques (excluding outlets)

#### SPRING'S LEST

PAGE 74: Shop Suey necklace, \$28; shopsueyboutique.com. PAGE 75: Old Navy jacket, \$40; Old Navy, 800-OLD-NAVY for stores, WD-NY dress, \$98: 212-395 9309 for store locator. Loft jacket, \$80; loftonline.com. New York & Company dress, \$57; nyandcompany.com for stores. Eddie Bader parka, \$119, eddiebauer.com Esprit dress, \$130; select Esprit stores, 877-ESPRIT8, esprit.com. PAGE 76: Velvet Heart top, \$79; Nordstrom. WD-NY skirt. \$58, 212-395-9309 for store locator Bakers wedges, \$60; bakers shoes .com. Esprit dress, \$90, select Esprit stores, 877 ESPRIT8, esprit, com. Dickies shirt, \$30; dickies.com. Grass skirt, \$44, Macy's. Old Navy tunic, \$27; Old Navy, 800-OLD-NAVY for stores. Esprit shorts, \$60; select Esprit stores, 877 ESPRIT8, esprit.com. PAGE 77: White House Black Market cardigan, \$128, and heels, \$88; White House Black Market, 877-948-2525, whitehouseblackmarket com. JCPenney dress, \$50, JCPenney, 877-FIND-JCP for locations. Fantasy Jewelry Box brooch, \$28, fantasyjewelrybox.com. Spring Shoes clutch, \$25; myspringshoes.com. PAGE 78: Perlina bag, \$98, perlina.com PAGE 79: Colin Stuart heels, \$75. victoriassecret.com Mossimo for Target wedges, \$25; target.com. Aerosoles sandals, \$79, Aerosoles stores, aerosoles com. Worthington for JCPenney sandals. \$45; JCPenney, 877-FIND-JCP for locations. Marc Fisher sandals, \$79; marcfisher footwear com. Payless sandals, \$27, select Payiess ShoeSource stores, payless.com.

#### THE SECRET TO THE HAIR **YOU WANT**

PAGE 80: Sebastian Voiupt shampoo, \$14, and conditioner, \$15; sebastian professional com for salons PAGE 81: Bosley Volumizing & Thickening Styling Gel, \$15; bosleypro.com Redken Body Full Instant Bodifier, \$16; redken.com for salons. Tigi Bed Head Brunette Goddess Shampoo, \$13.50, and Conditioner, \$18.50; tigihaircare com for salons PAGE 83: Fekkai Coiff Contrôle Iromess Straightening Balm, \$25, Frederic Fekkai saions, Neiman Marcus, Saks Fifth Avenue, Nordstrom, Bloomingdale's, Lord & Taylor, sephora.com.

PAGE 85: Hair Rules Wavy Mousse Styling for Wavy Hair, \$20; hairrules.com. Paul Mrtchell Express Style Hot Off the Press Thermal Protection Spray, \$13; paul mitchell.com for salons, Logics Color DNA System Blow Sculpt Smoothing Cream,



\$20, logicshair com for salons. Pureology Super Smooth Shampoo, \$27, and Hair Condition, \$27, pureology.com for salons

#### **SPRITZ AWAY STRESS**

PAGE 114: Elemis Balancing Lavender Toner \$35; Bergdorf Goodman, 800-423-5293, timetospa.com. Juriique Hydrating Mist, \$21, jurlique.com. The Body Shop Vitamin C Energizing Face Spritz, \$18, The Body Shop, thebodyshop.com. Lavera Facial Toner Mist, \$29; Target, target.com, lavera.com.

### Sweepstakes Rules

THE APRIL 2010 COVER LOOK GIVE-AWAY. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to redbookmag .com/aprilcoverlook between 12.01 a.m. ET on March 23, 2010, and 11 59 p m. ET on April 19, 2010, and complete and submit the entry pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/aprilcoverlook.

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what you want – spring solutions

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# love my

flexible

Two years ago, I segued from a high-stress senior position at a PR agency to running my own practice out of my home. This change gave me the flexibility to snuggle with my son, Devin, in the morning, tag along on my husband's business trips, and do chores during the week so that weekends are focused solely on family. And because I decide when and how much I work, I can put my time and energy toward being more present as a mother, a wife, and a friend. The best perk? If I'm done by 3 p.m., I get to pick up Devin early from day care and we go out for frozen yogurt! - Jonalyn Busam, 35, Los Angeles

## GREEN

To me, living green means how I parent, how I work, and how I conduct my life. As a mother of three, I know that the choices I make now will affect my children's future and the earth they inherit, In 2006, with the aim of reducing my family's carbon footprint, I moved us to a much smaller house and then restored it: We used recycled materials and installed solar panels and a wind turbine for heat and electricity. I also became mindful of "green" changes I could make in my work as a filmmaker and writer, so I wrote a children's book, Mo Smells Green: A Scentsational Journey, which encourages kids to discover the natural world and is printed with soy inks on recycled paper. I have found the transition into eco-living an incredible journey and extremely satisfying. - Margaret Hyde, 36, Santa Monica, CA





writing

After our daughter, Katie, passed away from cancer at the age of 12 in 2007, I didn't love my life very much at all. I started a blog to have a place to write through my emotions and grief, and in this way, I rediscovered my writing voice. I also found fellowship among other writers. I then began sewing quilts for the cancer ward where Katie was treated in order to comfort other kids, which brought solace to me too. The blanket project became the Katie's Comforters Guild, which led to more writing about the program. Writing is a healthy outlet that allows me to pay tribute to my daughter, and to tell our story. - Karen Gerstenberger, 50, Poulsbo, WA



I love my.

# life!

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